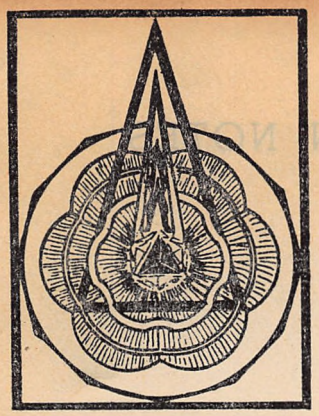

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

1

INTRODUCTORY: ENTERING THE PORTAL. CEREMONY OF INDUCTION

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in the Bond!

(1) With the utmost solemnity, I ask you, before you read anything further, to reverently take the "Ceremony of Induction", already sent to you. Be sure that you have time to read it carefully and reverently. I am most anxious that YOU shall seal the sacred bond between us, and by spiritually assenting to the Induction Ceremony you voluntarily bring yourself into a closer state of communion not alone with Ding Le Mei as your Teacher, but with the whole of your fellow-students in the Inner Chamber all over the world.

(2) You have gone through the Lessons of the Initiate Group Course. You have thus proved your sincerity - "Sincerity is the way of Heaven; to think how to be sincere is the way of Man." YOU HAVE PROVED YOURSELF, SO THAT, THOUGH I may not have met you on the physical plane, I now feel that you are worthy to have revealed to you the true SECRET work of Mentalphysics. The Junior Initiate now becomes the proved and worthy "Noble of The Light", the title by which you will henceforth be addressed. You have come from the outer Hall of Ignorance - you now enter the Hall of Learning, and in due course you will find the doors will open wide, so that you will find yourself finally in the Hall of Wisdom, leading you on to full mastery. Until the student has proved his or her worthiness, and can be fully trusted with the inner work, it is not possible for me to disclose it; but I rejoice now with you. I congratulate you. I promise you that, even during the next few weeks, you will unfold into a state of consciousness so radiant and full of light, that your life will be transformed as your mind is renewed. Be happy -- Give thanks . . . . Rise, Noble of The Light!

(3) What will be given to you from now on is FOR YOU ALONE. Always remember that the essence of your Commentaries is not for the eye of the profane, but only for those who have proved themselves -- now we go on from height to height.

****

BREATHING INSTRUCTIONS FOR THIS WEEK

(1) Each morning as soon after sunrise as convenient - Breathe your Memory-developing Breath:

THIS SPACE IS FOR YOUR OWN NOTES

(2) Near to Noon - Breathe your Memory-developing Breath.

(3) Soon after sundown as convenient - Breathe your Memory-developing Breath.

(4) For the first two days of this week go on a water fast - pure water in abundance, and nothing else; for the next two days take only fruit juices, and pure water in abundance; for the last three days, take nothing but above the ground vegetables. (Thereafter you will resume your normal diet.)

SPECIAL SECRET EXERCISES, AND HOW TO SUBLIMATE THIS TREMENDOUS FORCE.

During the next few weeks you will be carefully introduced to Special Exercises which it is incumbent upon you to keep to yourself. You are to learn much about the Creative Force of Life from the procreative angle. In your Sixth Commentary, for example, you will be introduced to a secret exercise, called the "Contracting Exercises", which will greatly increase your Creative power, first physically, second mentally, and third spiritually. This week you are to follow out these

Preliminary Instructions to Contracting Exercise.

(1) Sit in a chair, a hard wooden chair or a stool; spine erect.

(2) Feel that the body is relaxed - THEN, contract the rectum. By this I mean that you tighten the rectum, the feeling being that you are lifting it. Hold this tight for a moment or so; then relax.

(3) Repeat this several times, and note the feeling of the body as you do it, (I should think that you will be able to do this for about two minutes at a time, after which you will notice a certain stimulation. Watch what you feel.) DO THIS SEVERAL TIMES EACH DAY, IF YOU CAN - you can do it anywhere. If in an office, you can sit just for a couple of minutes at any time, but the important thing is that you register in your mind what you feel. DO NOT DO THIS EXERCISE LYING DOWN.

(4) At first it may be a little trying, for you are using muscles that are rarely used; but as you persevere it will become gradually easier for you, so that when you reach the fully-explained exercise in your Sixth Commentary, all will have been made plain to you.

The Cold Breath.

(It is foolish to be subject to colds. Where there is hay fever, or catarrh, or congestion this exercise often proves beneficial.)

(1) Stand erect, the heels touching, the toes pointed outward.

(2) Place the hands on the hips as in the Grand Rejuvenation Breath, elbows forward.

THIS SPACE IS FOR YOUR OWN NOTES

(3) Take a little breath, and retain; then, bending the knees outwards, let the body go down, until the buttocks are a few inches from the heels with the head dropped to the chest, pulling downwards.

(4) When you are down as far as you can go, place the right hand on the left buttock (between the legs), and the left hand on the right buttock, and pull on the head downwards, until the body is bent far forward; then pull with the hands as you hold to the buttocks. Hold as long as you conveniently can; then exhale and stand erect.

Note: You will feel a congestion in the head, and sometimes in the ears, and will probably need to blow your nose, removing all mucus; you will find also that the chest is relieved of some mucus. Make this a regular part of your morning regime after your bath.

(A) Your Entry Into The Sacred Chamber.

Now, in going into The Inner Chamber, you are urged to take up this work with your whole heart fervently. While it has been my privilege to teach you in the Initiate Group work, and while you must more than ever reverently regard Ding Le Mei as your Teacher, recognizing that invisible bond which nothing can sever, you are now to feel that you are to rely more upon yourself - you are the Monarch of your own Monarch of the Universe.

During the week that you now enter upon, you will prepare your body with the breathing regime. You will thus successfully commence what we now call the MELTING PROCESS. Do not overwork this week - do not be lazy; do not sleep too much - do not sleep too little. Feel that every moment of the week you are being held in true balance - nothing can disturb you; no matter how bad things may seem, they could very well be worse. No matter how involved life may appear, ALL is right with the world. Nothing can disturb your calmness and your poise, equilibrium, rhythm of life; you are established in Joy and Peace in The Great Light ...

"I AM HAPPY - I GIVE THANKS."

Memorize this: "I AM NOW PREPARING MYSELF FOR MY DAY OF TRIUMPH. I AM NOW GROWING IN THAT KNOWLEDGE WHICH IS NEEDFUL FOR THE FULLNESS OF HAPPINESS AND USEFULNESS IN MY OWN TIME, PLACE AND STATE. .... I AM NOW BEING SHOWN THE WAY, AND THE DOORS OF MY MIND ARE NOW OPEN THAT I MAY SEE THE WAY."

(B) Are You Ready To Face The Light?

I am now to assume that you have faithfully undertaken the previous Lessons in Mentalphysics which enable you now to declare that you are ready to go further to Face the Light. You have mastered the physical side of the Spiritual Breathings. You have arrived at the intellectual conception that "WHATEVER THE CREATOR IS, I AM." You have come into the understanding of these Seven Points, and know that --

THIS SPACE IS FOR YOUR OWN NOTES

(a) TO BE PERFECT, YOUR LIFE MUST BE ORDERLY. There is Exterior Orderliness throughout the Universe, and you can say that you understand that from the atom to the Sun, from the amoeba to YOU - MAN, made "In The Image" - there is perfect Order in that Perfect Law which propels and sustains the perfection of The Universe. You can also say that you understand that, as in the Macrocosm there is this Orderliness that is exterior to you, so in the Microcosm, which is YOU, there is that similar Law, that similar Perfection of Law, that similar Orderliness .... and the interior Orderliness, though depending largely in principle on Exterior Orderliness, is the more important to you.

(b) LIFE IS NATURE'S FULL EXPRESSION. YOUR life is the triumph of that Principle in Nature which is everlasting. Your Thought is the substance of that Principle. As you are an Idea of God, so your Thought is the substance of God in transit, and your life is Nature's full expression just in relation as you manifest rightly Creative Intelligence. Nature works by Law, so do you - how? By the Law of Habit, which is part of Nature. Habits may be bad, indifferent or good.

(c) HABITS CREATE MEMORY, and the human being is the sum totality of all his habits. Every good habit is a milestone on the progressive, constructive Path - every bad habit is retrogressive and destructive. Habits are caused through Thought. Because the universe is essentially perfect, human nature is essentially veracious, so that every idea that a sane human mind is capable of holding must be true - those ideas (from which habits are formed) which are contradictory are to be reconciled by eliminating their negative elements, when the positive elements will be found to coalesce. Which means that where there are bad habits, all that we have to do is to hold the thought of good habits, so that they may be born in the consciousness and so eject the bad.

(d) MEMORY BUILT UP BY GOOD HABITS brings the life of the human being into Nature's full expression... brings the life into correspondence with exterior orderliness - and a realization of exterior orderliness means full recognition of interior orderliness, and vice versa. The "Me" is orderly, and the "Not Me" is orderly, until there is a merging into consciousness of only "THE ONE" - and men call it God.

(e) THE PURITY OF A THING IS ITS PERFECTION. Purity is freedom from contamination by substances lower than the pure substance of the thing itself... think of your own pure breath (the result of interior orderliness of the organism) and the impure breath of one who knows less than you know (the result of interior disorderliness or lack of orderliness).

(f) LIGHT IS LIFE. Read thoughtfully the first five verses of St. John. ". . . and the LIFE was the LIGHT of men."

(g) LIFE IS LIGHT. It is the symbol of Truth, light once kindled, spreads till all is luminous. As Light is Life, there is naught BUT LIGHT, and Light thus is the first emanation (of God). It comes to

THIS SPACE IS FOR YOUR OWN NOTES

us -- First, In the light of the Senses; Second, in the Light of the Reason; Third, in the Light of the illumination of the Spirit.

(C) Something About Radiology.

"Radiology, the youngest of the medical sciences, may yet deal with the FORMULA OF LIFE ITSELF. For life, they say -- (and we KNOW. - D.L.M.) -- is light; and light is made up of rays which are rapidly yielding their secrets to the physicist, the chemist and to those who apply them to the cellular activities of the human body... There are no secrets for these rays. They alter the structure of the cells, mingling with the atomic arrangement, breaking it up, with death in some cells which ought to die, such as abnormal cancer cells, releasing others to new life. The latest report from the California Institute of Technology, that radium rays have been converted into electrical particles, indicating the secret of the creation of matter, caused no surprise. They (the radiologists) are also willing to accept the recent statement of Dr. Richard Willstatter, of Munich, one of the greatest living chemists, that life may be explained in chemical terms.

"In five years," said Dr. Albert Soiland, of Pasadena, "we may see the solution to this problem. In these rays, in the work of disintegrating their constituent atoms, the breaking up of the nucleus, we have the secret of the Universe. ALL IS LIGHT TRAVELING IN WAVES OF DIFFERENT INTENSITY." (We in Mentalphysics have learned this long ago, and can say that LIGHT - the Light of the Divine Wisdom, that is in Every Living Thing, is LIFE ITSELF - D.L.M.) We will know some day just how to shoot electrons into the human body.

IN MENTALPHYSICS WE HAVE ALREADY LEARNED THAT THE LIFE OF US IS THE LIGHT, AND IN OUR OWN SPIRITUAL BREATH WE HAVE THE DIVINE SECRET REVEALED.

(D) Begin By Examining Yourself.

I ask you to study these Seven Points, and make a record of your own thought upon them.

Sit restfully and feel after the Truth of Life within you. Devote at least three nights this week to not less than one hour in which you shall belong to yourself. Every alternate night, go alone and think. You have breathed your Memory-developing Breath three times during the day. What have you felt in those breaths? Did you feel physically or mentally any difference between the breathing in the morning and the breathing after sundown - what did you experience physically - what thoughts came to you? Write down your findings. I suggest an entry such as this:

Date.	Morning breath	What I experienced:	Physically
	Midday breath		Mentally
	Evening breath		Spiritually

If you will take trouble to keep a record and watch changes, you will be eternally grateful to me for this suggestion as to how you should work. You will thus be able to make intelligent comparison as you go on.

THIS SPACE IS FOR YOUR OWN NOTES

SLEEP - Sleep with your head to the North, your feet, of course, to the South.

WAKING - Wake up carefully. Watch your first thoughts, and if there be any fear thoughts, take this meditation at night -- "I AM COURAGE - COURAGE - COURAGE. I am THAT. Whatever the Creator is, I am - I am Courage. I am Free."

This first week is a week which is introductory to Inner Chamber work. Again I invite you to come into the Inner Chamber with all the Light that you have. Determine that nothing shall interfere with the faithful pursuance of your work during the next few months.

Feel, if you can, that through all the "time" that has gone, you and I have been seeking each other. We have met. Now it remains for us to come truly to KNOW the Law.

My Peace I send to you always.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope,

Dive Le Mai

Written in Faith at Los Angeles,
California, U.S.A.

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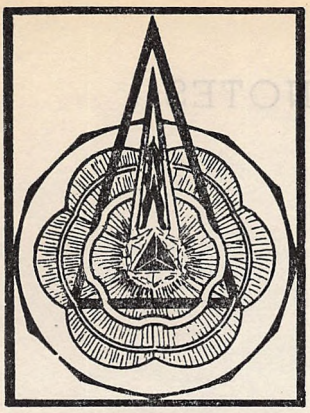
Your Next Lesson will introduce you to "The Cave of the Moon", and you are to know that you will not be able to understand subsequent Lessons unless and until you have thoroughly mastered Lessons that have gone before. Therefore, learn thoroughly all that you can about The Memory-developing Breath.

THIS SPACE IS FOR YOUR OWN NOTES



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COMMENTARY **2**

"THE CAVE OF THE MOON" (one)—Finding The Light; Mystery of the Aura and Technique for Reading It; Search for Our Higher Light in the Four Zones of the Human Temple.

Breathing Instructions for the Week:

Repeat Breathing as outlined on Page One of The First Commentary. Do not miss once.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

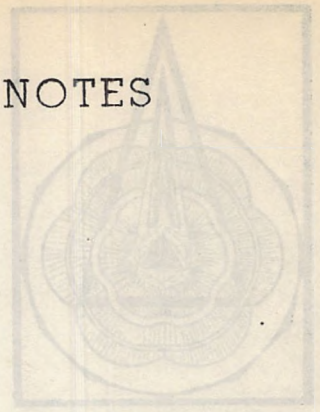
We are now to investigate, reverently and slowly, the higher aspects of our Teaching. You will naturally be expecting me to define for you "The Cave of the Moon", but I confess that I cannot define it. I can only teach you how to REALIZE it for yourself. In all our teaching in Mentalphysics we have been directed towards The Light - and Light is LIFE. "Light" is also used as a synonym for spiritual knowledge and evolution, since, to the seer, the Spirit (or Solar Principle) the Principle of the Soul, or the Sol--the Sun of Man is at certain times actually visible as a light . . that "true Light which lighteth every man that cometh into the world."

The spirit of the average man or woman exists, as it were, in embryo only, and appears as a dim or tiny light at some distance above the head and all around the body. The luminosity of the finer bodies is the manifestation of the emotions and thoughts of the individual. It is termed the Aura and interpenetrates the physical body, being present throughout life and being withdrawn at "death".

We think, then, of the Life as Solar Force; and we can see this Solar Force as reflected and expressed in the Aura. We are to go on towards The Light as we develop the power to read our own aura and the auras of others. (The aura is actually the emanation of the Divine Sun of Life within us; in the physical, the light from every cell; in the mental, from the Intellect and Reason; in the spiritual, from the Imagination or Divine Creative Power.)

This Light that we are to investigate is truly the Life of every living thing, and we must practice and do all that we can to see it in others and feel it in ourselves. This Teacher (as many of my students know) can take any human being and read the aura with my hands and Eye (my hands especially, and the Inner Eye). I probably could take you, and without touching you, so read the aura that I could tell you much that has happened in your past life and indicate to you what you should do in the future; can tell at once whether and what the

THIS SPACE IS FOR YOUR OWN NOTES



nature of any disbalance on the physical, mental and spiritual planes of your life: and possibly know more about you in a single moment than you have learned about yourself throughout your whole life. This is the result of being able to read people's auras.

(A) Exercise for Reading the Aura.

THIS IS THE EXERCISE THAT I RECOMMEND TO YOU - KEEP IT TO YOURSELF:

I divide the organism into four parts - this is merely for the matter of clear feeling and thinking --

1 - THE SPIRITUAL (the Head); the Kingdom; the Throne of the Spirit; Atman; Heaven.

2 - THE FIRST TERRESTRIAL ZONE - In the physical organism this is that part of the body that contains the heart, the lungs and other organs that enable us to come into life and remain in life . . we breathe, the heart carries on the circulation of the blood, etc.

3 - THE SOLAR ZONE - In the physical organism, the Solar Zone is from the navel (the last gate, the last connection at physical birth) to the reproductive and creative organs. This is the Zone of Birth (of the physical body, but also the zone of birth of ideas, and hopes, and inspiration, and asperation, of emotions, etc.).

4 - THE SECOND TERRESTRIAL ZONE - In the physical organism, this is the feet particularly and the legs, for we get the contact between ourselves and the earth upon which we live through the feet. "Purify thou my feet".

(a) Standing opposite the person whose aura you wish to experiment with, place your right toe against their left toe, and your left toe against their right - this will give you a connection, and you should be able to FEEL at once a difference. Then, closing your eyes, and having the "patient" assume an entirely relaxed state of mind, place your hands, also relaxed, above their head and move them gently around their head, not below the neck -- you should be able to feel a slight tingling feeling something like a very slight electric shock. Rest in it - feel it and let the feeling register in your mind.

(b) Then come down slowly, and feel around the shoulders and opposite the throat and chest - see whether you notice a change. (I often feel a very distinct change between the Spiritual and the First Terrestrial. I advise you to IMAGINE that you feel this force; imagine that at your finger tips there is the tingling sensation.

(c) Then come down feeling outward from the body on a level with the ribs - rest a moment - imagine that you feel it again, and notice if you feel any difference. The probability is that you will feel at the Solar Zone a greater force on the left (or negative side) of the body than the right. On the left of the body you may feel a sensation in your left hand as if it is filled with a peculiar vapor, making itself known at the finger tips and possibly running right up your right arm. Come over to the front of the body, and see whether this feeling that you experience on the left of the body continues at the same distance away from but in the front of the body. Feel opposite the creative organs - go close (about two inches from the body) and then come gently further away and see whether the feeling gets weaker, and note how far away from the body the change commences.

THIS SPACE IS FOR YOUR OWN NOTES

(d) Then come down and see whether you can feel that feeling down towards the feet.

(e) Having done this, try to analyze what you have been feeling. See whether the person is a positive character - or a negative character. If negative, you will probably find the hands moist, and if positive you will find the hands dry and pleasant to the touch. Feel at the finger tips of the "Patient", and see how far away from the fingers you can trace this tingling sensation.

When you successfully and consciously carry out this through this mechanical process, you will gradually lead yourself on to reading the aura of another by merely sinking within yourself and "seeing" with the Inner Eye, and "feeling" with your own Solar Force.

We shall return to this later, but in the meantime it is for you to practice whenever you can. "Feel" people on the street car, in the theater, wherever you are --- and GET TO WATCH PEOPLE AND THEIR MOVEMENTS AND THEIR HABITS, trying to figure out for yourself what each phase of expression means. In that way you will find yourself always IN The Light, going on towards the stars, the moon, the sun, the sun behind the sun. To attain to the Heavenly Atmosphere we begin, then, with the "human atmosphere" - to know the Heavenly Heart we must know the Human Heart.

In your progress toward the Light, remember that constant aspiration to KNOW Universal LAW liberates in you that Force which is the Living Flame, and which acts under the direction of the Creator within you, with or without conscious effort of the finite mind. The Fire, once liberated, begins immediately to displace the sluggish nervous force and to open and perfect those nerve centres (or minor brains), atrophied through disuse, and which, when regenerated, reveal to us superphysical states of consciousness and knowledge of our lost sovereignty over Nature.

You are aware that knowledge as to the development of this Solar Force has been sacredly guarded in all ages, lest man, through ignorance, should employ it to his destruction. "That soul," wrote the Comte de Gabalis, "who will renounce all personal ambition, and will seek by selfless service of his fellow beings to obey the Divine Spirit within may evoke this Flame and achieve a knowledge of Nature's secrets and mysteries. But unless governed by the God within, and with selfless purpose, this Fire will intensify the lower passions and make the man a destructive force working contrary to the Law of Nature. He who seeks Divine Knowledge will surely find it, for the Divinity in man ever strives to render unto him his lost birthright. No sincere effort to solve God's Mystery passes unheeded by the Silent Watcher within."

(B) "The Cave of the Moon".

"The Cave of the Moon" is a phrase whose meaning will be revealed only through study and Practice.

Whenever we think of Expression, we should think of the Being behind the expression, and the more perfect the being the more perfect its expression. The Law of Expression applies to all known substances, and not alone substance (which is necessary for Spirit to express through), but to ideas and aspirations and emotions (which is Spirit unexpressed through substance) . . for the Law of Being gives forth expression. The whole Universe is the Expression of Its Being. You can see that You (Expression) are what you are because of the Being of You behind the expression of you. So it is with every living thing . . and we in Mentalphysics are determined to go on to a knowledge of the very Center of the Sun (in the microcosm, the Inner) to the Sun Behind the Sun (in the macrocosm, the Outer, the Universal).

THIS SPACE IS FOR YOUR OWN NOTES

We are now to learn how to take all the knowledge that we have gained in Mentalphysics, as it has been related to life on the lower planes of existence, and (by transmutation and regeneration) use it to interpret for us the higher things and go as far as we are evolutionarily equipped to go.

In our Search for The Light, then, we take the highest Light that we are capable of steadily watching - The Moon. You can look into the face of the Moon and not be weary; every poet has exulted over the Moon and associated it with man's highest emotion, Love. The Moon is the greatest light that we can face with equanimity.

You can steadily face and look into the stars . . you can steadily face and look into the face of the Moon; but you cannot look long into the face of the Sun. So, you see that the MOON is the greatest light you are so far capable of facing; and by practice of facing and looking at the Moon, you equip yourself to go on to Face the Sun, at long last to come to the Center of the Sun. (The total amount of light given by the full Moon is probably less than one-three Hundred thousandth of the Sun.)

All this is naturally symbolical, but as we imagine and examine Principle in the outer (physical or sensible) universe we lead ourselves from the outer to the inner (supersensible) universe. And then we find that Man Himself is symbolic. Being the highest product of Nature, he is more adequately symbolical of that which is above or behind or below (the cause of) Nature than anything in sub-human Nature can possibly be . . . for Man is the Creator in human form.

We shall learn how to enter the "Cave of the Moon" in due process of practice. The first step is in the Memory-developing Breath, through which the principle of living is revealed to us.

I trust that each day of this coming week you will be calm and happy. Watch - watch - watch! Be spiritually analytical. Watch your life force. Watch your emotions and feelings. Watch your thoughts. At night, after meditation, and immediately before going to sleep, place your hands over your body, and feel whether you are sensible of the expression of the Force in and through your body. Feel whether the feeling that you become conscious of at the top of the head is identical with that which you can feel over the reproductive area . . whether you are the same on the right (positive) side of your body as you are on the left (negative), and so on. Enjoy your own company. FEEL THAT YOU ARE HAVING UNFOLDED TO YOU THE SOLAR FORCE OF THE UNIVERSE AS IT IS EXPRESSED THROUGH YOUR OWN LIFE BEING.

My Peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds of
Joy and hope.

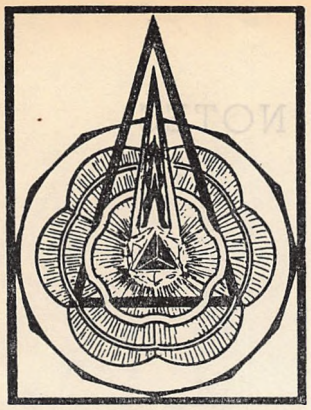
Dive Le Mai

Written in faith at Los Angeles,
California, U.S.A.

BE FAITHFUL. BE HAPPY. GIVE THANKS.

End of The Second Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



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COMMENTARY **3**

"THE CAVE OF THE MOON" (two)—The Memory-Developing Breath; The Reality of the Universe; Cleansing the Memory Through the Melting Process.

BREATHING INSTRUCTIONS FOR THIS WEEK:

First day of Week -	Breathing as outlined on Page One of The First Commentary.
Second day of Week -	Breath the Memory-developing Breath silently - that means, sit in the attitude of Meditation, and go through the Breath in your mind only. Imagine that you are breathing physically, and that you feel the full sensation as in the physical breath, but that, instead of feeling the sensation of the rush of breath into the nostrils, you imagine that the breath is coming in through every part of your body . . that you are breathing through your skin, through your bones, through every part of your body.
Third day of Week -	As on the First Day.
Fourth day of Week -	As on the Second Day.
Fifth day of Week -	As on the First Day.
Sixth day of Week -	As on the Second Day.
Seventh day of Week-	As on the First Day.

CONTEMPLATE THIS:

"True without error, certain and most true: That which is Above is as that which is Below, and that which is Below is as that which is Above, for performing the miracles of The One Thing. And as All Things were from One, by the mediation of One, so all things proceeded from this One Thing by adaptation. The Father of It is the Sun, the Mother of It is the Moon, the Wind carried it in its belly, the nurse thereof is the Earth.

"This is the Father of All Perfection and consummation of the whole world. The power of it is integral, if it be turned into Earth. Thou shalt separate the Earth from the Fire, the subtle from the gross, gently, with much sagacity. It ascends from Earth to Heaven, and again descends to Earth: and receives the strength of the Superiors and of the Inferiors. So Thou hast the glory of the whole world; therefore, let all obscurity flee before thee.

"This is the strong fortitude of all fortitudes, overcoming every subtle and penetrating every solid thing. So the world was created. Hence were wonderful adaptations, of which this is the manner." - From Hermetic Writings.

THIS SPACE IS FOR YOUR OWN NOTES

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

We are now to proceed to investigate the higher aspects of the Memory-developing Breath. You know how to sit erect and perform each physical requirement of this Breath, and you have practised it. What we are doing is what in future will be referred to as the MELTING process . . in other words, we cleanse the substance of the physical body, the instrument of the Spirit, the instrument through which the Spirit works. Every cell is awakened - set to work . . is "MELTED" into its own purity, into its own pure gold. The first effect is experienced in the slight dizziness in the head, which comes from the great oxygenation of the brain. And with practice we find that we are doing with the higher body (the Mind) what we have done with the physical body.

(At this point of this Commentary refer to your Scientific and Breathing Chart; read carefully, consider and be sure that you have memorized the spiritual affirmation following the Memory-developing Breath.)

(a) CLEANSING THE MEMORY THROUGH THE MELTING PROCESS.

In the Memory-developing Breath there is disclosed to us much that we would rather were not a part of us; we see much that is negative and weak and contradictory to the Truth of Life. Faithfully carrying out the Breath, however, cleanses and takes from our Memory that which is negative and weak, bringing the Memory to a state of clarity and cleanliness and purity. So we are able to gradually lead ourselves on to declare in a later Breath (the Vibro-magnetic) : "I PLEDGE MYSELF THAT NOTHING SHALL ENTER MY MEMORY - NO IDEA OF NEGATION OF WHATSOEVER KIND - NO IDEA OF DISEASE, DECAY, OLD AGE, SENILITY, DISAPPOINTMENT, DOUBT, FAILURE, DEATH... NOTHING SHALL ENTER MY MEMORY BUT THAT WHICH IS IN UNISON WITH ALL TRUTH AND MY OWN VERY HIGHEST CONCEPTION OF TRUTH." We are taking out the False and are building in the True and the Real.

From experience we have come to know that right breathing (a) ORDERS the physical body, places it in order; for with true breathing the health improves; (b) The same beneficial effect is assured us in the Mind - we are happier and more inspired and hopeful; and (c) You are spiritually at peace. In other words, MORE LIGHT (LIFE) COMES INTO THE BODY - THE MIND AND THE SPIRIT - INTERIOR ORDERLINESS.

You are starting here on your Mystic Journey to "The Cave of the Moon". Many may wonder why physical exercises of breathing are necessary in connection with Spiritual Teaching. But you have practised; you KNOW; the answer has already been revealed to you, for it is very simple. Consider this: A child is not able mentally to add 2 and 2 and get 4 as the result until it has read with its eyes and written with its hands many times the proposition 2 and 2 make 4. But after it has used its eyes and hands many times its mental faculties (the Conscious Mind) bring to the child this little bit of knowledge, and after a while, knowing that 2 and 2 do equal 4, it is able to demonstrate the principle of Arithmetic.

(6) TRIUMPHING OVER PRINCIPLE.

In precisely the same way we start here. We are told that the Truth of Life is our goal. The Principle of Life is as easy and fixed as the fact that 2 and 2 equal 4. But Man - the great majority of human beings - is not conscious of his True Nature. Man does not know that he is the Creator in human form . . does not know that he is the Monarch of the Universe . . . does not know that, through the process of thinking and getting to know (building the Memory), he is the Creator of his Universe. But we, thanks be, do to some extent know. Just as the child demonstrates the

THIS SPACE IS FOR YOUR OWN NOTES

principle of arithmetic, so will you, O Noble of The Light, demonstrate THE PRINCIPLE -- and your life is a triumph over Principle. The first phase of Principle that you can know is your Breath, because it is the basis of your life; your Consciousness is your Memory; your first breath, then, and every subsequent breath builds your Memory, which is You, Your Consciousness.

In your Inner Chamber work I charge you to be faithful - if you are not faithful to your highest aspirations, then a dullness of the Spirit will come, bringing darkness of the Mind. We must ever aspire to live what we know. It must become a HABIT to be faithful to our highest aspirations.

(c) THE REALITY OF THE UNIVERSE.

While considering this Commentary you are asked to consider agadn carefully Lesson Three in Series One of Mentalphysics or "The Holy of Holies" in the Initiate Group Documentary Lessons. I want you to get the truth firmly fixed in your mind that universals are the whole and the reality of life, while particulars are single things or details emanating from the Whole Reality, from universals.

Ideas are universals; ideas are more real than things. The universal exists in all particulars, because it existed before the particular, for WISDOM IS THE UNALTERABLE BASIS OF ALL THE UNIVERSE, which is saying in another way that in all forces there is a substantial unity, for all forces come from the One Force. At the back of and beneath all there is the One - The Absolute. Says Henri Borel: "Lao-Tze wrote at the commencement of his book the sign TAO. But what he actually meant - the Highest, the One - can have no name, can never be expressed in any sound, just because it is the One. Equally inadequate is the term God. ...There exists an Absolute Reality - without beginning and without end - which we cannot comprehend, and which therefore to us must be as Nothing. That which we are able to comprehend, which has for us a relative reality, is in truth only appearance. It is an outgrowth, a result of absolute reality, seeing that everything emanates from and returns to that Reality. But things which are real to us are not real in themselves. What we call Being is in fact Non-Being, and that which we call Non-Being is Being in its true sense. What we imagine to be real is not real, and yet emanates from the Real, for the Real is the Whole. Both Being and Non-Being are accordingly TAO."

So that we see that -

Substance	is ideally One, -	but really multiple.
Force	is ideally One, -	but emanates from many substances.
Form	is ideally One, -	but is a modification of some particular substance.
Life	is ideally One, -	but is expressed in limitless forms and substances.
Spirit	is ideally One, -	but is expressed in finite beings as separate individual spirits.

No matter how involved these Commentaries may appear to you, I assure you that the inner meaning of them will be revealed to you as you sit each evening reading and re-reading them in contemplation of the hidden truth. You must give much time to silent reverent thought, and the hidden Truth in these pages will be gradually revealed in true manifestation.

(d) POWER OF MEDITATION.

As your Teacher, I hope that you have long ago discovered that we can get the very center of Universals through the Golden Key of Meditation. You are urged to faithfully meditate each night before retiring.

THIS SPACE IS FOR YOUR OWN NOTES

Meditation for the coming week before retiring:

"I AM ESSENTIAL SUBSTANCE: I TAKE REFUGE IN THE ORDER OF SUBSTANCE.
"I AM ESSENTIAL FORCE: I TAKE REFUGE IN THE ORDER OF FORCE.
"I AM ESSENTIAL SPIRIT: I TAKE REFUGE IN THE ORDER AND SILENCE OF SPIRIT.
"I AM LIFE . . eternal, never-ending, everlasting . . . I AM LIFE."

(e) ATTITUDE OF MIND DURING THE DAY.

(1) Each morning, after your breathing, sit opposite a mirror, viewing the reflection of yourself, and say aloud to yourself, addressing yourself by name: "John - today you do not utter a single word of negation. You divide this day into short periods - you live it consciously moment by moment, and succeed in the true expression of JOY moment by moment. You continually give thanks. You are the Silent Watcher over yourself throughout this day."

As a little child will enter into experimentation to gain knowledge, so you - with simplicity of spirit and childlikeness - must enter into watchful experimentation. Every moment you are watching - every moment you are happy. Every moment The Light is shining through you, so that nothing that you do or say or think or feel can disturb the Light of the Divine Wisdom that you are.

(2) Exalting the Fire of Life: - Do this once or twice during the day -- it will take but a minute or two: Analyze your physical feelings - Am I feeling as light and full of vigor as I was earlier in the day? Am I as happy? Am I as full of courage and faith? Take The LIGHT: See it at the top of your head - bring it down over your spine to the base of the brain, between the shoulder blades, at the small of the back, down to the base of the spine. Then rest. Let it come down between the buttocks and hold it over that glorious reproductive system, so that you literally feel the Fire that gives the Flame that brings the Light. Then bring it upwards, imagining that you feel heat around the navel; bring it up in a "V"-shape to the nipples; bring it up further to form a "V" upside down, the bottom of the "V" being at the thyroid in the throat; then draw it up further, flooding that beautiful face with Light - then finally think of the top of the head. THEN REST. Then imagine that with your beautiful rhythmic breathing you are "fanning the Flame" so that you see the pure gold of the Light going outward, Outward, OUTWARD . . . and you KNOW that "MY WHOLE BODY IS FULL OF LIGHT."

(3) Be Happy - Give Thanks.

(4) We shall gradually lead ourselves into esoteric knowledge of what is generally called Sex. If you are not in possession of our book, YOUR SEX LIFE, you should apply to the Book Department of the Institute for it - it costs but one dollar.

I send you my Highest Thought . . You are Truth - and Youth - and Health - and Joy - and Love - and LIFE . . and you have found The Great Peace.

Sincerely your Teacher, in Fraternal Bonds of Joy and hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of the Third Commentary,
Inner Chamber

THIS SPACE IS FOR YOUR OWN NOTES

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The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY 4

"THE CAVE OF THE MOON" (three)—The Memory-Developing Breath; Mystery of Universal Tithing; Importance of Rendering Equal Return; Aspects of Law of Giving.

BREATHING INSTRUCTIONS FOR THE WEEK:

(a) MORNING — Silent Breathing of the Memory-developing Breath - Every Morning go through the Breath, directing the force that you feel to the Physical Body, so that when you come out of the Breath there is a glow in every cell and you know that "Every cell of my physical body is charged with LIGHT", and that the Light is transforming the body into perfection of Physical Health and Mental Vigor.

(b) EVENING — Every Evening go through the Breath from the Spiritual point of view, so that when you come out of the Breath you are sure that your Mind is so full of Light that nothing that you feel or do or think or say can be negative, but that through you the Light of the Divine Wisdom is steadily glowing.

MEDITATION FOR THE WEEK:

"I AM ESTABLISHED IN ORDER - INTERIOR ORDER, EXTERIOR ORDER.
"THE POWER OF MENTALPHYSICS IS SPREADING THROUGHOUT THE WORLD."

My Beloved Student in Mentalphysics, Noble of The Light -

Greetings in The Bond.

The measure of your Spiritual growth is your power to render thanks where and to whom they are due. I realize that as I try to give, so the whole great realm of Nature responds to me with Infinite Abundance. In all fellowship there is an interchange of benefits, and wise is he who recognizes that only by the return of the benefits he receives (in the form that he is able to make return) does he raise himself to a position as high as the one by whom the benefits are bestowed upon him.

In the Memory-developing Breath, we see that no matter in what volume we return benefits we have received, we fail (and shall always fail) to make adequate return, for it is simply not within our power to make return for what we receive from God - in friendships from those who teach us from their experience, in material substance that flows ever towards us and into us, in every good gift of life,

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and for Life Itself . . it is, I repeat, not within our power to make adequate return. (What, for example, could I, Ding Le Mei, possibly give to my Master in Tibet, for what he taught me? - I can only stand in reverence, and give my All.) JUSTICE - the greatest of all Law save LOVE, which itself cannot be unless embodied in Justice - demands that for whatever is received, a return as nearly adequate as possible shall be made. If we receive - no matter what it is that we receive - Justice demands that we make a proportional return, for only thus can we grow. This Law is the Law on all planes of existence. In the physical realm, what strictly material return can be made by a person who regains his or her sight or hearing, as examples, or his improved bodily condition, to the personal who, by right teaching, leads him to that point of understanding? (Let your mind rest upon this Law of Justice).

I tell you this to illustrate: Only this morning I received a letter from a lady whom I have never seen - she is a Home Study Student. She said in her letter, "I simply cannot find words to thank you. Since I came into Mentalphysics I have learned just how to live. I am now perfectly strong and well, but before I was always tired and grumpy and ill. I am happy, but I did not know before what happiness was. I have more than I ever had in my life of money and other things, and I put this down to the use of my little bank. . . . I can never, never repay you, and I want this great Teaching to go throughout the world. I enclose a gift, and wish that I could make it a hundred thousand times as much, for I know that I cannot place a value upon what I have gained from you." And this is true.

HOW, then, CAN we adequately make the return that is due to the Universe - to God and man? Now, mark this well: There are only two substances we can give anywhere, and now that we know the effect of the Fourfold Law, we know that AS we give, SO WE RECEIVE. The two substances are -

(a) SPIRITUAL SUBSTANCE
(b) MATERIAL SUBSTANCE

(While these are two, in essence they are One.)

When we analyze we find that there is in all spiritual imparting an alliance with material imparting, and in all material imparting an element of spiritual imparting. If you realize spiritual values - when you are led further along The Path into The Light - you are taking actual material values, even though the vehicles through which they come to you are immaterial. The ONLY way that you can make return for such values is probably only through material means . . . AND SO IT IS ABSOLUTE LAW THAT HE WHO HAS RECEIVED SPIRITUAL VALUES AND FAILS TO MAKE RETURN HAS MERELY DEGRADED HIMSELF.

THE LAW IS THAT WE MUST MAKE EQUAL RETURN. There are some individuals and some societies that explicitly adopt and act upon the principle that Spiritual values should be systematically and habitually given and accepted without the making or expectation of any material return. But THAT IS NOT LAW. Before the Earth gives forth the harvest of her abundance, she demands the seed. WE must NEVER accept anything whatever without making ideal return. THE LAW is, that if we receive Spiritual benefits and it is possible for us to return similar benefits, then it is right that we should do so. If we withhold our hand from returning spiritual benefits with material substance, then we put ourselves into a state of spiritual pauperization, which in turn will mean material pauperization.

That is why so many people in the world have so little, because they have refused systematically to leaven the whole lump with what they themselves can give, in their ignorance and greed believing that they can perform cosmic gymnastics by cheating the fundamental Law of the Universe, expecting to reap without sowing the Seed.

THIS SPACE IS FOR YOUR OWN NOTES

SPIRITUAL VALUES are REAL VALUES. Real values can only adequately be returned with real values. I do not mean returned by the utterance of a "God Bless You", after we have received spiritual values, for such thought is generally either hypocritical or so feeble as to be of no value; THOUGHT THAT DOES NOT LEAD TO ACTION IS ABORTIVE AND FUTILE.

(A) Regenerating the Human Race

If we are niggardly and mean, that is the effect of the habit of niggardliness and meanness of some previous time in our experience -- niggardliness and meanness being in our Memory. Multiply this ad infinitum, and we see what the human being is and how he has become what he is.

In considering the various aspects of the Memory-developing Breath, it is seen that we should never forget those who have given to us real values. We should never forget our Mother, our Father, our Teacher - or anyone from whom we have received the everlasting substance of Knowledge. It is for some to be privileged to feed the hungry, for others to give to the poor and to clothe the naked, for others to supply the intellectual needs of those less informed, for others to give of material and transient and ornamental benefits; but it is given to few to disclose deep Spiritual teaching that is of such transcendent permanent application that it alone can be classed as true and real values. But when values of this nature are received it is not possible for the individual to make adequate return - for no matter what the material return, it can never fully compensate. They who endeavor to get something for nothing are merely deluding their higher selves, for they who receive without making such return as lies in their power, do not really receive; or, perhaps one may say it in a different way - they receive but the dregs, for the whole is polluted with their own self-degradation.

At the basis of all true thought which results in happiness and mental and spiritual contentment lies the knowledge that we have given what we could give; and if we have not given what we could give, we short the Universal Force, in which all bounty resides. That is why tithing is so important to all whose faces are towards The Light.

Though it may not seem to be so, THE LAW is -

FOR EVERY MAN - Ten per cent (one-tenth) tithe towards Life. Though a man may not believe in tithing, and may definitely not tithe himself in any way, the Universe, by its LAW, takes away from him ten per cent. of that which he has.

FOR THOSE WHO ARE ON THE PATH, AND WHO UNDERSTAND THE SEVENFOLD PRINCIPLE OF THE UNIVERSE -- One-seventh tithe towards Life. Here again whenever we find a person who has been initiated into the Principle of the Universe, he is immediately quickened with the desire to share his knowledge and his increased well-being with others. He constantly desires to return to the Fountain from which he drank. He desires that what he has learned shall be placed before the whole human race, and desires to work for it, and invariably gives one-seventh of his substance, though he may not definitely plan it, towards this end.

FOR THOSE WHO ARE IN THE LIGHT AND WHO KNOW WHAT THE LIGHT IS - THE TRUE INITIATE - One-third tithe towards Life. The True Initiate knows that there is but one aim and hope, and that is to save his fellow man and regenerate the race. Understanding the Law of Being, he knows that he cannot live unto himself; and within unceasing awareness of his own life the Eternal Flow of Life Itself, he knows his whole thought is directed, not to the making of a living or to the pursuit of what the uninitiated call "happiness" (which is mere sensory pleasure), but to those who know still less than he knows and who have

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less than he has.

FOR THE MASTER AND SEER - All that he has and is; and in Truth he recognizes that this is the least he can offer to the Lord of the Eternal - for he knows that he is THE LIGHT ITSELF, and receives for right use all that he is and has from Every Living Thing.

The Height of Wisdom is to give to Every Living Thing - non-injury - for the whole is greater than the part. But whatever we receive from a part of the Whole that is known to us, to that part should we make return even greater than we receive, if that is possible. In the material realm this is often possible. A man who, having been given ten dollars in a time of need, repays it with a thousand when when the time has passed in which he used the ten dollars to help him make the thousand. We see this in business life every day. As in the material, so in all realms. IT IS WHAT WE GIVE TO THE UNIVERSE THAT WE BUILD INTO OURSELVES AND TRULY POSSESS, and it is ONLY what we GIVE that we HAVE.

To withhold, then, from that channel through which spiritual values come to us is spiritual suicide. To give to Life, so that by the Fourfold Law we may have life more abundantly, is rectitute of action.

If thou expectest more of thyself, give more of thyself and all that thou art and hast. Cast they bread upon the waters that it may return to thee after many days. Therefore, every night this week, when you retire, THINK - THINK what you are, what you have, and let yourself be full of The Light through the feeling of Gratitude. On the morrow thou shalt arise in the Spirit of the Law, determined, willing and anxious to make adequate return for all that has been brought to thee through specific channels (such a specific channel as I trust Mentalphysics is for all of us), or that has been brought to you through general and universal means from Every Living Thing.

And in this regard, may I suggest to you that you may consider it as your duty (if you are not already in the Order) to commence giving to the human race - so that Mentalphysics may spread throughout the world - by means of membership in the Order of Melchisedec. You may write for information if you have not already been informed about this Order, and you are advised to do so.

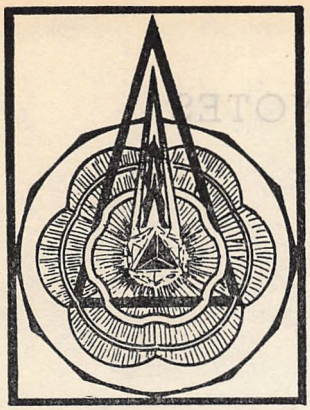
My Peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds of Joy and hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of the Fourth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

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COMMENTARY **5**

"THE CAVE OF THE MOON" (four)—The Memory-Developing Breath; Structure of The Cosmic Order as Seen in the Seven Kingdoms; The Five Great Tattvas and Their Effect.

"ABOVE THE CELESTIAL FIRE THERE IS AN INCORRUPTIBLE FLAME, EVER SPARKLING, SOURCE OF LIFE, FOUNTAIN OF ALL BEINGS, AND PRINCIPLE OF ALL THINGS. THIS FLAME PRODUCES ALL, AND NOTHING PERISHES SAVE THAT WHICH IT CONSUMES. IT REVEALS ITSELF BY VIRTUE OF ITSELF. THIS FIRE CANNOT BE CONTAINED IN ANY PLACE; IT IS WITHOUT FORM AND WITHOUT SUBSTANCE; IT GIRDLES THE HEAVENS, AND FROM IT THERE PROCEEDS A TINY SPARK WHICH MAKES THE WHOLE FIRE OF THE SUN, MOON AND STARS. THIS IS WHAT I KNOW OF GOD. SEEK NOT TO KNOW MORE, FOR THIS PASSES THY COMPREHENSION, HOWSOEVER WISE THOU MAYEST BE. NEVERTHELESS, KNOW THAT THE UNJUST AND WICKED CANNOT HIDE HIMSELF FROM GOD, NOR CAN CRAFT NOR EXCUSE DISGUISE AUGHT FROM HIS PIERCING EYES. ALL IS FULL OF GOD, GOD IS EVERYWHERE."--
Comte de Gabalis.

My Beloved Student in Mentalphysics, Noble of the Light:

Greetings in the Bond.

In the Fourth Commentary you were instructed in the Order of the Universe and in the Law of Giving and Receiving, (using universal substances) and during the past week you have been thinking about that Commentary in the light of Your Own Spiritual Breath. It is not wise that we go forward too rapidly, and we should not be anxious to go further than the point of understanding that we have already reached, unless our understanding embraces the imperishable and demonstrable knowledge that "WHATEVER THE CREATOR IS, I AM." Therefore I deem it wise to exhort you to take every opportunity that comes to you to think about the construction of the Universe as you understand it - its Substance, its Energy, Its Wisdom; and to realize that the more perfect your <u>own</u> order of thought becomes, the more perfectly do you - in all that you think and do and feel and know - approximate to the Universal Order.

The Universal Mind knows all things through the One Idea which is Itself. You and I are constantly approaching towards this same Unity of Knowledge. When we understand the essence of the Divine (Universal) Mind, we shall know all that exists or can exist. As matter tends constantly to higher and higher forms, so does thought tend to higher and higher expression, for man ascends from things to ideas, and the

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more universal the ideas to which we attain, the nearer we approach the essence of the God-Thought of the Universe. Things exist because God knows them; man knows them because they exist. The more man loses himself in the Universal, the more does he absorb and reflect the Order of the Universe.

(a) Cosmic Order.

The Greek word, Kosmos, means order, ornament, and hence the universe is an orderly and beautiful system of harmony. The Cosmos, then, is the totality of all existing things united in harmony. The Cosmos contains within itself seven kingdoms - hence the seven-fold principle within the seven-fold Universe.

The seven kingdoms, in the path of upward progression of all things, are:

THE ETHEREAL: This is the lowest of all, being the basic sphere, "yet it has certain characteristics that assimilate it to the highest, a circumstance which has led certain thinkers, more erudite in natural and occult sciences than in the more spiritual disciplines, to identify it with spirit."
Ether, (Prana), as we know in Mentalphysics, is altogether incorruptible. It is the Akasha. Just as the Akasha lies below and around Nature, so the Celestial Kingdom (consisting of Pure Intelligence), seems to lie within it. It is the kingdom of the astral light, and out of the womb of the astral light the entire corporeal universe has sprung.

THE SIDEREAL: The general system of stars, of which the solar system is a member.

THE MINERAL: You understand this.

THE VEGETABLE: You understand this.

THE ANIMAL: All forms of embodied conscious life.

These are necessarily subject to generation and corruption.

THE HUMAN: We are on our way to understand this better.

THE CELESTIAL: This is the highest of all. It consists of Pure Intelligences - existences endowed with intellect and freewill, and having no corporeal form.

These are the seven "divisions" of the Cosmos. At the basis of the Universe is Breath, - The Holy Breath.

We should now investigate a little more closely the Ethereal, or basic, sphere; and this will lead us to a better understanding of the union of Breath with Life. In Mentalphysics we have experimented and can truthfully declare that we understand more about "Breath" than we did, for through use of it - practice - we have evidence of its efficacy as Life in bringing us better physical expression and, possibly, advanced expression on all planes of our life.

(b) The Tattvas and Their Effect

Science some years ago discovered by successful experimentation through mechanical means that there is "a positive and a negative electrical current in the air chambers of the lungs of a living person," thus painfully discovering the truths which the Orient had had in its keeping since the earliest ages of man. We now KNOW this through practice, and anyone can find it out for himself by the simplest

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experimentation; for if he breathes only through his right nostril, drawing in the positive current, he will rapidly become more positive, and if he breathes only through his left nostril, drawing in the negative current, the opposite effect is soon seen.

Every student of any form of higher philosophy will have heard of the "Five Vital Airs," which are the five Tattvas. Madame Blavatsky defines the Tattvas as "both Substance and Force, or Atomic Matter and the Spirit that ensouls it." These are the subtle ethers from which the Cosmos comes. These Tattvas, in their infinitely delicate influence upon all living things cause Life to be - that is all we need to say.

The Tattvas are:

(a) AKASHA.....The sound vibration, - directs the sense of HEARING.
(b) VAYU.....The tangiferous vibration (the air), directs the sense of TOUCH.
(c) TEJAS.....The luminiferous ether; the fire element in the human body; the agent that keeps up internal heat and maintains the body's normal temperature, - directs the sense of SIGHT.
(d) APAS.....The water element; it possesses the property of contraction, - directs the sense of TASTE.
(e) PRITHIVI...The oderiferous ether, the earth, - directs the sense of SMELL.

Each of the Tattvas has its positive and negative phases. In sub-human nature their flow and proportion varies from time to time with absolute rhythmic precision, every Tattva having its period of predominance for a longer or shorter period. With human beings, however, freewill and emotion indeed every thought, feeling and action have their effect for good or ill in the individual life. It has been known in the ancient schools of philosophy for ages that all disease has its inception in the disturbance of the symmetrical balance of these etheric life-forces. As these etheric life-forces correspond to the elements composing the body, and are renewed with every breath of the body, these life-forces - sub-divisions of Prana - furnish and modify the activities of the whole human entity.

(c) Effect of the Tattvas.

The effect of the Tattvas, then, is to supply to you and to me the positive and negative forces that give us LIFE. We shall return to the Tattvas later on in the Chamber, and will now consider the Cosmos from another point of view. Remember that in considering the Cosmos, you are considering YOUR SELF, the Microcosm, the exact replica of the Microcosm.

Even with this limited view of the Universe so far, we can see that all consciousness is matter played upon by force; the higher the level of consciousness is, the more subtle the matter and the more refined the vibration, the less disturbance is there of the Tattvas. As on the physical plane so on the superphysical planes. When two centers meet, each vibrating at a different rate, a balance is struck and a mean vibration results. The true Initiate (and we in the Inner Chamber may humbly regard ourselves as aspirants towards this divine state) is a highly dynamic centre of Divine Consciousness, and all less evolved entities and souls contacting this centre have their own level of consciousness raised in consequence. Thus we can see that we truly ARE our Brother's Keeper.

The Law is: THE REALIZATION OF IMMORTALITY (PERMANENCE OF CONSCIOUSNESS) IS IN DIRECT PROPORTION TO THE RATE OF VIBRATION AND IN INVERSE PROPORTION TO THE DENSITY OF THE MEDIUM. Therefore, be faithful!

We can see that Prana, or Solar Force, or the Life-Giving Principle interpenetrates all matter. Perpetually playing upon it, it causes different rates of vibration in the different densities. The more subtle the matter of you - or of any other living thing - the less resistance is there to this Force, and the higher is

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the vibration and the resultant consciousness.

So we can say that we now understand that the EVOLUTION OF CONSCIOUSNESS IS CAUSED BY THE PLAY OF THE LIFE-GIVING FORCE OR UNIVERSAL MIND UPON OR WITHIN MATTER. The unfoldment of the supersensible or spiritual nature of you is but the progressive manifestation in you of that vital energy derived from the Highest Light (the Sun Behind the Sun) - the sun and its Divine Source. This has been known throughout the ages as the Solar Force or Serpent, proceeding from the Creator of the Sun and Worlds, the Great Architect of the Universe.

> "By His Spirit He hath garnished the heavens; His hand hath formed the crooked serpent. Lo, these are parts of His ways; but how little a portion is heard of him? But the thunder of His power, who can understand it?" --
> Job, xxvi, 13-14.

(d) The Universal Fire (or Solar Force).

Asks the Scientist: Is that which is called the Paraklete, or the Light of the Logos, that which, when energized, becomes what may be described as living, conscious electricity of incredible voltage hardly comparable to the form of electricity known to the physicist?

Replies the Occultist: Yes. THIS FORCE CAN BE GOVERNED BY MAN, AND WHEN GOVERNED IT IS THE INSTRUMENT WHICH THE SOUL USES TO BUILD UP MAN'S SOLAR OR SPIRITUAL BODY.

Says Paracelsus: The Paraklete or Super-Solar Force (the Force of the Sun Behind the Sun), Solar Force (the Force of the Sun), and Lunar Force (the Force of the Moon) are the true Solar Force. . . "The material of the Philosopher's Stone is nothing else but Sun and Moon."

Says Hermes: "The Sun and the Moon are the roots of the Art."

So far as we aspirants in Mentalphysics are concerned, we must know that by constant aspiration and desire to know God's law there is liberated in us that Force which is the Living Flame, and which acts under the direction of the God in man, and with or without the conscious effort of the finite mind. "This Fire," declares Gabalis, "once liberated, begins immediately to displace the sluggish nervous force and to open and perfect those nerve centers or minor brains atrophied from disuse, which when regenerated reveal to us super-physical states of consciousness and knowledge of man's lost sovereignty over Nature."

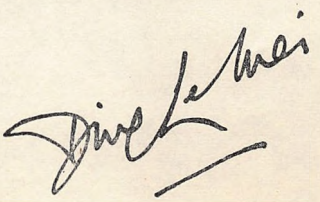
You are counselled faithfully to study and ponder upon this Commentary. Much is hidden that later will be revealed only as you unfold it. Your first step and mine, in regaining our lost sovereignty over Nature is in our Memory-Developing Breath. Therefore with all diligence practice this Breath - practice reading the Aura, as taught to you in the second Commentary. Be wise. Learn Wisdom. The doctrine of Wisdom is in no respect extrinsic or dependant on externals. It is based on Causal Experience, obtained by a systematic disciplining and conversion of the rational faculty of you and me up to the Intuition of Universal Truth in its own conscious identity of Self-Knowledge. Maintain thy zeal.

Peace be unto you, for thou art THAT.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope,

Written in Faith at
Los Angeles, California, U.S.A.

End of Fifth Commentary, Inner Chamber.



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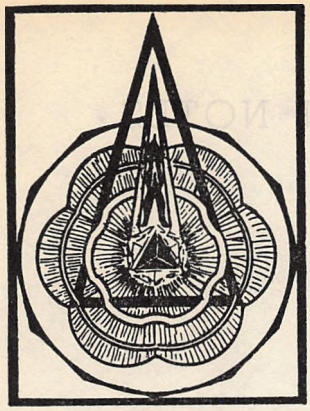

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **6**

"THE CAVE OF THE MOON" (five)—Solar Force Manifested; First Step in Regeneration; Secret Exercise for Exalting the Great Fire —"Go and tell no man;" Old age, the great illusion.

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

Repeat Breathing as outlined on Page One of The Fourth Commentary. Do not miss once.

MEDITATION DURING STUDY OF THIS COMMENTARY:

"I AM ESTABLISHED IN LIGHT. I AM A CUSTODIAN OF THE WISDOM OF THE UNIVERSE."

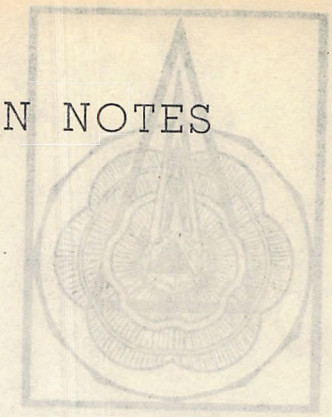
My Beloved Student in Mentalphysics, Noble of the Light :

In our last Commentary we referred to the Cosmos and its transcendent Order, indicating that this Order of the Universe is instituted and maintained by what in our later work we shall call Tattvic Law. We must aim not only to possess a mental concept of this Law, but we must work so that we become the law. It is necessary for us to see intellectually how this external Law works, but what we must above everything else avoid in Mentalphysics is a mere intellectual conception of the Wisdom of the Eternal.

Modern science with its manifold inquiries into Life, and the philosophy of modern times, consist of experimentation and research tending to ameliorate man's social conditions and to contribute to the ease and indulgences of his life. In its original acceptation, philosophy had quite another purpose, and that purpose signified a love of Wisdom. Wisdom comes to us only through experience, - and we are wise to the degree that we can demonstrate (make real to ourselves) that which we say we know of Tattvic Law.

You are therefore advised not to be led astray by mere intellectual consideration of the Thing Itself. Every man has within himself the cause of his own existence, and when our consciousness can be brought into contact with the FIRST CAUSE, we shall, by knowing IT, know the Cause of ALL, since Existence (as we surely know by this time) is everywhere one and universal, and the one ultimate, essential mystery. But this can only come with practice, practice, practice - therefore, "Know Thyself!" Not by reading about it and objectively thinking about it only, but by using it rightly, as we come increasingly into knowledge of IT.

THIS SPACE IS FOR YOUR OWN NOTES



In the Memory-Developing Breath we FIND it . . . that is, we find it because we can feel it, and our purpose here is to watch it, and watching it increases our knowledge of it - our feeling of it. In the Memory-Developing Breath we feel it, we see it, we know it, so that My Whole Body becomes it - and we cognize it as LIGHT. Therefore, in the Memory-Developing Breath we find the Light, we feel the Light, we see the Light, and we know that WE ARE THE LIGHT. Then we enter through watchfulness into the "Melting" process, letting the Light (and the heat that comes from the Flame that comes from the Fire that gives the HEAT) "melt" the substance. And we have been so faithful in our practice that we now know how to cause the Whole Body, (either in the strictly individual sense, as relating to our own body, or our own mind, or, if we have gone further, in the universal sense, as relating to My Whole Body, this wide Universe), to be full of Light.

So in the Memory-Developing Breath we find the Light, knowing that it exists, knowing what it is, knowing that it "melts" all substances. In later Breaths we come step by step to USE the Light upon the body of the physical man, upon the mind of the individual mental man, upon the individual spiritual man... leading ourselves on through all of the Breaths up to the HEIGHT in Your Own Spiritual Breath, when we realize that we are truly MY WHOLE BODY. Thus we can truly say that we have found not only the Solar Force, but that we have learned the Sacred Art for ever.

(a) The Solar Force Manifested.

This Light that we feel, the Solar Force, manifests on the physical plane of our life by passing through the ganglia of the sympathetic nervous system and thence up the spine to the brain. Here its currents unite to build up the deathless Solar or Spiritual Body. This simple picture may be formed in your mind: The Solar Force strikes upon the Solar Zone of the body, (see p.2, 2nd Com.). It then ascends - the positive by means of the great cable on the right of the spine, and the negative by means of the great cable on the left of the spine. In its passage from one ganglion to another, its voltage is raised, and it awakens and is augmented by the power peculiar to each ganglion which it dominates. (Think of the different Tattvas.) These ganglia (or centres) concentrate the Fire of the Solar Force. In the cerebro-spinal system there are many centres awaiting regeneration, and as we learn the inner meaning of the word "Breath" we see the effect of right breathing, first, on the physical plane, for we express greater physical well-being; second, on the mental plane, for we are happier and more buoyant and more ambitious, and so forth; and, third, on the spiritual plane, for we feel that we enjoy greater spiritual peace by virtue of our greater knowledge of the Law of the Universe.

Now, we are literally playing with fire - playing with the Solar Force.

Knowledge as to the development of this Force has been sacredly guarded in all ages, lest, as I have said previously, man through ignorance should employ it to his destruction. Here we are actually on sacred ground. Unless we are governed by the Higher Self, and with selfless purpose pursue this knowledge, it will intensify man's lower passions, instead of his high intuitive powers, and will make him a destructive force working contrary to the Law of Nature. But we in Mentalphysics have already found that the Silent Watcher ever rewards us in the solution of the Mystery, according to our sincerity in the quest.

(b) Secret Exercise for Exalting the Fire.

Now, O Noble, know that you can only ascend as you have gained in the understanding of that which is below. To understand the higher, you must understand first the lower. To understand the Solar Force so that you can control and rightly USE it, you must discover it in the realm of life, with which you are most familiar through experience. This is the physical body.

THIS SPACE IS FOR YOUR OWN NOTES

In Sanskrit works the planets that are held to govern these ganglia are as follows:

Saturn, the sacral; Jupiter, the prostatic; Mars, the epigastric; Venus, the cardiac; Mercury, the pharyngeal; Moon, the post-nasal; Sun, the pineal.

When awakened and stimulated by the inflowing Solar Force, these centres appear to the seer as flaming, rapidly revolving wheels, or stars, of great luminosity. And modern science is gradually discovering that the ductless glands correspond closely to the sacred centres of the body that have been known to the ancients for centuries.

(I assume that you are in possession of "YOUR SEX LIFE", a book published by the Institute of Mentalphysics. If you have it, there will be less need for me to go over familiar ground. If you do not possess it, you are advised to acquire it.)

In disclosing to you, as I am about to do, this secret exercise for the Exaltation of The Fire, I remind you that you are under oath that you will never let this escape your lips to another - it is for YOU ONLY, as is everything that these lessons embody.

THE EXERCISE IS THIS - DO IT! Do not ask questions, but try to figure out for yourself what you are doing as you undertake the Exercise.

(1) Sit either in the seven-fold position (preferably) or on a hard chair or stool. See that your buttocks are not cramped. Find the point of comfort, so that you can feel that the spine is taking the whole weight of the body, and that the buttocks are perfectly comfortable.

(2) Watch your Breath, as in meditation, and get the whole body into a state of rhythm, but do not let all sense of the body go from you as you do in meditation.

(3) Think of the rectum; (if you are a male and can do so, think of the prostate ; in the case of the female, if you are able to do so, think of the vagina.) Feel that you are contracting the rectum - you are tightening it and drawing it seemingly upward. Hold it in this position through muscular control. If you are a male, you will feel that contracting feeling right through the penis and the whole reproductive organs. If you are a female, you will feel it right up through the vaginal passage.

YOU DO THE EXERCISE THUS: Contract, (hold a few seconds), relax; ..... contract (hold), relax. ..... Do this for periods of a few minutes duration at different times during the day.

At first there will doubtless come a feeling that is called sexual - that is, you are conscious of a force in the reproductive region. If you feel sexual, do not be ashamed or alarmed. Perhaps you may not have felt any sexual feeling for years. Then, as you feel it, WATCH IT. See <u>what</u> you feel. What is this feeling? Where is it going? And as you watch it closely you will find that it will gradually disappear apparently within itself.

What you are doing is to awaken the Sleeping Giant. Practiced spiritually, the awakening will be consummated. * Remember that there must be no movement of any muscles in the body other than the muscles of the rectum and the main sex organ. <u>There must be no abdominal contraction.</u> The probability is that you will feel quite active sexually, but you must regard this in the highest spiritual sense only, as indicating the presence of the creative power within the body. Do this whenever you feel like it, or have the time, or think of it, - in short, LET IT BECOME A HABIT. <u>(I assure you that you are in this exercise doing the most wonderful thing that you have ever undertaken,</u> and the effect will be seen in due course.)

THIS SPACE IS FOR YOUR OWN NOTES

(4) What has been described in (3) should be undertaken during the day. Then, at night upon retiring, lie on your bed, no pillow, the legs drawn up so that the knees come as near to the bed as possible, the thighs apart, the right ankle over the left. Then place the left hand over the navel, and place the right hand below it. This is the posture. Then, closing the eyes, imagine that you are drawing UPWARDS, into the Kingdom, all that marvelous reproductive Force that you have developed during the day. Others in their ignorance may waste it, but NOT YOU. You are TRANSMUTING IT, you are EXALTING THE FIRE. Feel that you are directing it upward through the right (the positive) hand. You see it as Light, you feel it as Light. There it comes, this Light, coming from the Flame, (think of the feeling you experience in the Cleansing Breath, but instead of feeling the Fire through the base of the spine, you now feel it coming from the very Center of the Center of the Center of Centers of your life, on the physical plane - the seat of reproduction.

You should feel a great glow of Force ascending. It will flood the whole of the reproductive organs - it will flood the pelvis. Then you draw it upwards, upwards, upwards - you feel it around the navel ---- upwards, you feel it flooding your beautiful face . . . and then you think upwards to the TOP OF THE HEAD. Finally, watching, you will see the Light everywhere within you, and you will have learned the secret of the True Exaltation.

IMPORTANT: (If you are in doubt about this exercise and are able to visit me, I shall be glad to explain more clearly what you are doing when you undertake this exercise. If you have to write about it, you are asked to mark your correspondence, "Private for Ding Le Mei.")

I could write a hundred thousand words on this Exercise, but you will learn by DOING. DO it whenever you can. In a few days the sexual feeling will go away entirely, for the reason that you will have transmuted the energy, you will have spiritualized the substance.

This Exercise is the exercise par excellence for the scientific remedy of impotence, for the removal of signs of old age. and for gaining physical and mental virility and energy. But it does infinitely more than that. It is the only practical Transmutation Exercise. It is regenerative in principle, and if you care to, THINK what intense activity precedes the very beginning of life on the physical plane, and then consider what you are doing when you are Exalting the Fire. You are increasing sexual vigor on the physical plane. But what is sexual vigor? What is the sexual fluid other than the very Creative Substance, containing the Fire? What CAUSES the Substance? - There is something behind it: It is the Solar Force. In this exercise we do not generate, or secrete, or manufacture the FLUID, but we pour into ourselves the mysterious Force of Life Itself that is behind the fluids of life, - we go, so to speak, to the Sun Behind the Sun.

You may report your progress in this exercise to me by letter of you wish to do so. But to all others I expressly charge you to BE SILENT. I leave but one idea with you to start your train of thought upon this Exercise. It is this: AS YOU FAN THE FLAME THE DYING EMBERS REAWAKEN; AS THE DYING EMBERS REAWAKEN, THE FORCE OF THE FLAME INCREASES; AS THE FLAME EXPANDS, THE LIGHT SHINES OF ITSELF. Thus have we found the secret of the "Melting" process.

This mastery should be striven for. As we govern the body and the emotions we grow gradually into mastery of the mind, and by persistent effort we achieve our purpose.

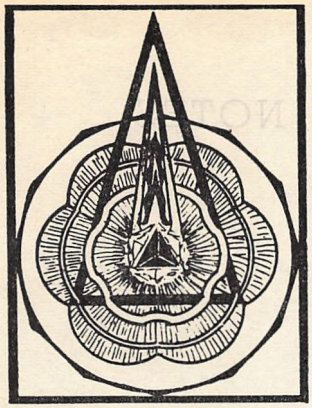
My Peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope,

Ding Le Mei

Written in Faith
at Los Angeles, California, U.S.A.
End of the Sixth Commentary, Inner Chamber.
Page 4.

THIS SPACE IS FOR YOUR OWN NOTES



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COMMENTARY **7**

"THE CAVE OF THE MOON" (six)—The Memory-Developing Breath; The Melting Process Examined; Pathway to the Holy Breath, or Melting Process; Life's Pervading Oneness.

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

Repeat Breathing as outlined on Page One of The Fourth Commentary. Be Faithful.

MEDITATION DURING STUDY OF THIS COMMENTARY:

"I AM ESTABLISHED IN LIFE, - ETERNAL LIFE.
I AM THE CUSTODIAN OF THE LIFE OF THE UNIVERSE."

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

By this time, if you have been conscientiously carrying out the secret exercise (see Pp. 3-4, 6th Com.), you will have begun to feel that something has been released within you. It is not expedient that I put on paper what I am privileged to teach by mouth-to-ear method in classes that I conduct in the Inner Chamber at The Institute in Los Angeles; but I do wish to impress you with the importance of carrying out the Contracting Exercise. There must be no strain anywhere, and you should not feel any muscular action other than in the parts of the body mentioned. The effect of this exercise properly carried out is truly wonderful, revealing to the Aspirant a Force within him that he has not perhaps felt for many years. For women who are cold and indifferent to sex, and who feel they have no force to transmute, who suffer from menstrual disorders, from constipation and any malady for which there is no visible cause, this contracting exercise is most useful. For men who have prostate trouble, who are impotent, listless and unambitious, who are growing old and cannot make a "go" of life, Transmutation (though they may not know what they are doing) is an invaluable secret.

I am to assume, then, that you are correctly carrying out this Transmutation exercise, and that you are feeling its effect in an awakened sexual energy. If so, GUARD WELL THY FORCE. AND BE SILENT ON THESE THINGS.

THIS SPACE IS FOR YOUR OWN NOTES

(a) The Melting Process Begun.

So many students - and this, I suppose, is quite natural - desire to make what they call "progress" much more rapidly than they are evolutionarily equipped to do. I am constantly being asked by students for "more advanced work." They do not realize that we can only go at the speed that we can go. Therefore, you are solemnly counselled to take time and feel, that each week, you are building into yourself, so to speak, what you are learning.

Now, no matter how little you are able to flood yourself with Light and Heat, you surely do know that, when you have learned the way, you will be able to do it. This week you must go back over all your Commentaries from The First Commentary to the Sixth Commentary, reviewing, making notes, trying experiments and seeing whether you have missed anything. For in the first seven Commentaries you are to introduce yourself, in practise, to the Melting Process. I cannot tell you much more about this than I have already told you; but you will REALIZE it through practice. We are seeking the pure gold, and to do so, we must first break down the rock. What you should now realize is

First - Your Physical body should be light and free and supple. You should be able to adjust it through your various Breathings, so that, whenever any disbalance is heralded through "pain", you should be able to remove it almost at will.

Second - Your Mind should be free and clear. You should always be in a state of mental buoyancy, of spiritual expectation, of complete mental lightness and satisfaction, knowing that nothing can go "wrong", but that as darksome thoughts enter the mind, this is a signal for you to engage in closer watchfulness.

Third - Spiritually, you should be constantly at peace. When in the outer sphere of your life conditions do not appear to be what you would have them to be, you should be able immediately to relax yourself to The Great Light and actually see it playing in and through you, bringing you peace and joy and gratitude.

You will be able to do this in exact relation to the extent that you have gathered to yourself the power of the "Melting" process. When you can do this, you will then be able to say that you truly understand the inner meaning of the Memory-Developing Breath.

We have seen that the purpose of the Memory-Developing Breath is to cleanse our memory of ALL NEGATION that, through wrong thinking and consequent wrong action in life, has been allowed to enter our consciousness. In this way we are creating the Spirit Fire, magnetizing the Creative Force of the Universe, so that it not only flows freely into us, but that every moment of the day we REALIZE OURSELVES AS ACTUALLY IN IT, LIKE A FISH SWIMS IN THE SEA. We speak - no, it speaks through us. We move, no, it moves through us. We work, - no, it works through us, and directs our thought and feeling and action so perfectly that we, in the activity of our life, express IT perfectly. We have "created" it within ourselves, so to say; now it remains for us ever in deep consciousness of it, to USE it in the sense that we feel ourselves every moment - with every breath that we take - wholly pervaded by it. Only in this constant consciousness of It, can we learn the "Melting" process.

THIS SPACE IS FOR YOUR OWN NOTES

We see, in a word, that every breath bans the Living Flame that gives forth the Living Light within us.

Therefore, make this week your Review of the Commentaries.

(b) A Word of Encouragement.

I wish to say a word of encouragement to those who do not seem to be satisfying themselves with the "progress" that they are making. Some people, looking at others, feel that others can do better than they - and this is true, for all human beings are different. But the fact that one member may perform a miracle and lead himself rapidly to The Heights is small comfort to the one whose path is strewn with many pitfalls. If you find another realizing more than you are, do not get disgruntled or disappointed. Give thanks that, in seeing this in another, you yourself are inspired to see what is possible, and resolve that you will redouble your own efforts.

In Mentalphysics you have the perfect way disclosed for you to practise. WE do not descry the Intellect, for you will now find that, just as you were counselled not to trust entirely to the intellect, - but rather to the feelings and emotions - so now you will find your intellect coming to occupy its right place in your quest for Truth. To say that those who are sufficiently enlightened, or advanced, or developed, or illuminated, will perceive The Truth, by their own powers or The Light of the Divine Spirit within them, is quite true, but it is not sufficient. The intellect must play its part. But Mentalphysics designs every way, so that, no matter by what path we go, we arrive at the final goal of true enlightenment. "We seek to serve that thou mayest illumine thy Torch at its Source." Your plan, whatever it be, must be cooperation in ORDER, harmony in diversity, and unity of integration.

(c) The All-Pervading Oneness of Life.

"No man lives unto himself; for every living thing is bound by cords to every other living thing". - Aquarian Gospel.

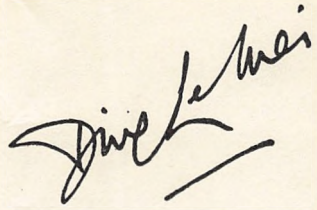
At the end of this Seventh Commentary, we should all be able to see the Truth - and preferably to know the Truth, in the sense that we live it - that we are our Brother's keeper, that all that we are and have is because Every Living Thing contributes to our bounty . . . . . "he who sees Me in all things and All in Me, he cannot be lost to Me nor I to him." We have seen and understand that our relation to the Macrocosm is twofold - interior and exterior. You are united, interiorly, essentially and permanently, to the Infinite Being from which your own existence is derived and upon which, as it were, it constantly rests. You are united interiorly, according to the use that you make of your liberty, to the Higher Ones - the celestial realm - those who are purely spiritual, which are the ministers of the Eternal Purposes. You are united to all the corporeal universe - the thereal, the sidereal, the mineral, the vegetable, the animal, the human. While this is all true, we have not yet, through knowledge that comes from practice, come into our full consciousness of the Truth of Our Life. But we are on our Way. AS we continually feel the truth of our all-pervading life, we shall develop our first ideas of the "Cave of The Moon", later to be unfolded. Therefore, this week be fervent in your quest. Make a complete review of the Commentaries numbers one to seven, and may the Light shine abundantly upon you.

THIS SPACE IS FOR YOUR OWN NOTES

You are Whole - You are Perfect - You are Strong - You are Powerful - You are Loving - You are Harmonious - You are Rich - You are Young - You are Happy.

My Peace I send to you.

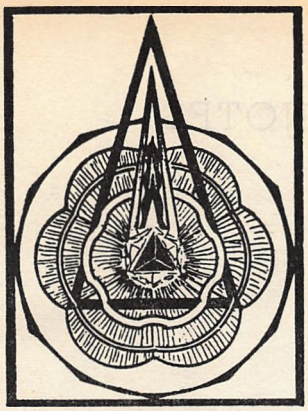
Sincerely your Teacher, in Fraternal bonds of
Joy and Hope,



Written in faith
at Los Angeles, California, U. S. A.

End of the Seventh Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



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COMMENTARY

8

"THE CAVE OF THE MOON" (seven)—The First Review . . . "He Who Recognizes His Light But Remains in the Dark, He is the Model of The World"; Seven-fold Nature of Man.

Instructions to the Noble of The Light :

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

1. Each morning as soon after sunrise as convenient - Breathe your Memory-developing Breath.

2. As near to Noon - Breathe your Memory-developing Breath.

3. As soon after sundown as convenient - Breathe your Memory-developing Breath.

4. For the first two days of this week go on a water fast - pure water in abundance, and nothing else ; for the next two days only fruit juices, and pure water in abundance ; for the last three days, take nothing but above the ground vegetables. Thereafter you will resume your normal diet.

SPECIAL INSTRUCTION: - Heed this Command.

On the third day get up and watch the sun rise. Retire early the night before, so that you have enough sleep. On retiring, be sure that you slip off to sleep peacefully and happy, gently willing that you will rise early enough to allow yourself to go to some point where you face the full East. There watch the sun rise. As you watch it rise, think and Give Thanks.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

You have now concluded the First Seven Commentaries, of which this is The First Review. We can truthfully say that we are now devotees to the Art of Living. Tagore, in answer to the question, "What is Art?" replied : "It is the response of man's creative soul to the call of the Real." We have found that Truth is changeless, and that only in its varying forms of expression can it be termed new or old. You have noticed many changes in your own consciousness and life expression - you have come nearer to the Changeless Truth. Great philosophers and religious thinkers are not originators - they are but transmitters of the changeless Truth.

THIS SPACE IS FOR YOUR OWN NOTES

And you and I of ourselves can do nothing - we are transmitters of The Light of Divine Wisdom.

Says Hegel : "If you believe in one God, you are right ; if you believe in two Gods, that is true ; but if you believe in three Gods, that is also right ; for the nature of the Unity is realized by Variety." We see the Variety of the Unity by the Light of the Divine Wisdom that we use.

(a) The Light of Life.

We see all things in the Light of the Sun - the Sun of the outer Universe (in the "sky") and of the inner universe (the heart). The reason that you are advised to watch the sun rise during this week is that you may gather to yourself, through the symbol of the Sun, your very highest idea of Light.

You will be up while it is yet dark. You will sit quietly watching the first faint light in the East, and will silently watch this orderly work of the magic Artist opening the full beauty of the Dawn. Looking into the face of the Sun, you will see how difficult it is for you to do so. YOU WILL BE OVERPOWERED WITH LIGHT.

As you watch you are to think of, to FEEL the Light, and so gather to your own mind definite impressions of the greatest light that you can comprehend. After having watched the sunrise, you will, during the day, bring back to you certain phases of the sunrise that impress you most . . perhaps it was the dull deep tones of the effects of light athwart the sky . . it may have been the very gold of the center of the Sun . . it may have been the first faint intermingling of the colors before the Sun had fully risen. Whatever it was that you saw, or thought, or felt, CHISEL THE PICTURE FIRMLY IN YOUR MIND BY BRINGING IT BACK TO YOU MANY TIMES DURING THE DAY. See whether you can see it before you as you sit still, with your eyes open. Again, close your eyes and see whether the picture is as sharp in your mind as it was when you were actually looking at it.

Thus, will you have gathered to yourself your very highest impressions and ideas of LIGHT.

This exercise may appear to you at this time as being somewhat nebulous, maybe superfluous ; but be assured that, simple though it may appear, it is essential to you, and that it will become more beautiful to you as time goes on. As you watch the sunrise, you must do it with the view of establishing your Memory imperishable ideas of Light, and you must register imperishably in your consciousness the sensations that your ideas bring to your mind. AND I NEED HARDLY SAY THAT YOU MUST WATCH AND THINK AND FEEL IN THE DEEPEST REVERENTIAL ATTITUDE OF MIND.

(b) Feeling After The Light.

Do not ignore this exercise - it is vital to you, for in much of your future work reference will be made to it, and if you do not practice you simply will not know what I am trying to teach.

Feel THAT YOU ARE CONSTANTLY IN THE LIGHT. That you are never out of it. That you are constantly bathed by the light of the Sun that you saw when you witnessed the coming of the Dawn. If the day be dark and dull, or rainy, or wintry, or cold .... just FEEL that you are again back watching the sunrise, that you can FEEL the Light and the heat that comes from the Light that comes from the Flame, which is THE SUN. Practise, practise, practise - until at any moment, anywhere, even sitting perhaps in a cold bath, you can see the light and feel the heat.

Yet we are to know that

"HE WHO RECOGNIZES HIS LIGHT, BUT REMAINS IN THE DARK
. . . HE IS THE MODEL OF THE WORLD."

THIS SPACE IS FOR YOUR OWN NOTES

Strange words? The meaning of them will probably be clear to you, but they would be obscure, or even ridiculous, to the uninitiated.

"He who recognizes his Light

(the Light of his own consciousness, as the instrument for the dissemination of the Light of the World, the Light of the Divine Wisdom that Is in Every Living Thing)

but remains in the Dark - -

(the Universal womb of Light Eternal ; for all light comes from the womb of darkness and again returns to darkness ; just as you and I "come from God and again return to God". "Darkness gives birth to Light ; out of the Lead of the water region grows the Noble Gold).

He is the Model of the world.

(the beginning and the end - without beginning, without end, without past, without future).

The idea, then, is first, to gather to your consciousness the highest impression of Light possible to you, second, to USE IT.

The chief thought in this practice is that the Circulation (use) of The Light makes and keeps the breathing (Breath is Life) rhythmical. The Keener our perception of Light the more clear and fine the Breath ; and we know that with each Breath we inspire the Light of the Divine Wisdom. Therefore, let this week be a week of faithful practice.

(c) The Human Sevenfold Nature.

Turn back to The Fifth Commentary, and read again the seven kingdoms (5th Com.,p.2), in the path of upward progression of all things -- The Ethereal, The Sidereal, The Mineral, The Vegetable, The Animal, The Human and the Celestial. These are the seven "divisions" of the Cosmos, and we know that the basis of the Universe is BREATH - the Holy Breath, Metaphysically considered, the human entity in its sevenfold nature may be described as follows:

1 - THE EGO. . . .	Pure Spirit ; Pure Light ; Purity	Gold.
2 - DIVINE SOUL. .	Higher Mind or Higher or Super Consciousness. .	Silver.
3 - SPIRITUAL BODY.	Consciousness (The Conscious Mind)	Mercury.
4 - ANIMAL SOUL. .	Instinct ; the Subconscious Mind, which causes matter to be in Motion.	Iron.
5 - ASTRAL BODY. .	Memory and Feeling.	Copper.
6 - ETHERIC BODY .	Sensation	Tin.
7 - PHYSICAL BODY.	Flesh - physical substance.	Lead.

We may divide manifestation in this manner, but what is at the back of it all? It is THAT. The Universal Spirit is in one form the Principle of all growth, and it is their power of collecting a quantity of this, bringing it to bear on any germ at once, that furnishes the jugglers of the East with their power of perfecting suddenly those plants and trees which in the ordinary course of the action this Life-Principle in Nature would have taken years. Whether we can hope to achieve this power is not for me to say. But I have seen this power exerted.

THIS SPACE IS FOR YOUR OWN NOTES

AN ILLUSTRATION: One day in my old temple in Tibet, my own Teacher showed me this power. At such a high altitude oranges would not grow, but I always had oranges supplied for me. One day, after asking my old Master many times how the oranges came there, and having been repeatedly ignored when asking the question, he turned to me as he peeled an orange for me. "Eat the fruit," he said. "Keep the seeds of the orange in your mouth until you have seven of them. Then put them from your mouth into your right hand. Doubling up your right hand, let six of them drop one by one from your hand, and give to me the seventh." I did so. Then he sat in the sevenfold position, and I sat opposite to him. Gradually I saw a tree form in his hand.

Was I imagining things? Was I hypnotized? The answer is "No." My Master was drawing the Life-Principle into action in a way that he knew, but which I did not. There are many locks upon the portals of life's mysteries! But when we are fully in THE LIGHT, we know all things. The Mind is the measurer. Action is the last end of thinking.

"Life is not an alcove of repose, but a battlefield of action," says one philosopher; but we are learning how not to be the warrior.

(d) Entering The Light.

So far in our teaching we have learned that The Light is within us, and we have done a great deal towards gaining a knowledge as to how to fan the Flame. The process has been started in our Memory-developing Breath. In this Breath, we have come to see that The Light exists, and have some knowledge as to how to USE IT, for it is the Fire of the Wise. We are applying ourselves to know the Secret Fire.

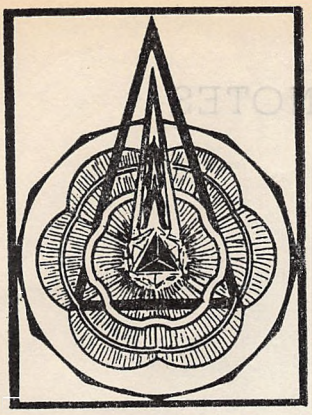
During this week spend time to go back over all the Commentaries. If you are thus inclined, write down your own thoughts upon them. In other words, re-write the Commentaries, making your own additions and interpreting in your own words what you think you have learned. Particularly are you urged to make notes and keep records of each of the Breaths as you go along in this advanced work - by making comparisons we teach ourselves in a manner that no one else can teach us.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of the Eighth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY **9**

"THE CAVE OF THE MOON" (eight)—The Revitalizing Breath; The Melting Process—Circulating the Light; the Silence, the Law of Reembodiment and the Road to Mastery.

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

1. Each morning breathe The Revitalizing Breath. Breathe it from three to seven times, but let there be no strain. (Stand in the same place each morning, and as you commence the Breath see whether you can feel the vibration coming to you through your feet. You should be able to go into the room in the dark, and by feeling with your feet, know that you are in the exact spot that you breathed before)

2. As near to noon as possible, breathe The Revitalizing Breath twice.

3. As soon after sundown, breathe The Revitalizing Breath twice.

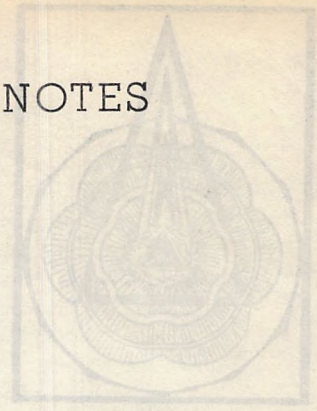
(In a way that you have never attempted before, feel in breathing that you can feel Prana rushing into you through every pore. Imagine it coming in as Light. Watch each breath so that each succeeding Breath is a more perfect breath than the last. Know that the body is being truly revitalized, and when you have finished breathing FEEL (if you cannot feel, IMAGINE that you feel) the body FULL OF LIGHT - that every cell of your body is a torch of Divine Light within you, guiding you, so that wherever you go, every step that you take, every movement that you make, every thought that you think, every sensation and emotion that you feel, is being carried out in the presence and through the force of The LIGHT.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

With this Commentary we are to start the MELTING PROCESS. In your breathing this week you are to get the concept that you are developing the Fire, fanning the Flame - you are truly in the Light and you can truly feel the Heat (of LIFE). You are familiar with the physical breath - the feet level, the buttocks tight, the

THIS SPACE IS FOR YOUR OWN NOTES



shoulders down, freedom in the throat, the hands firm and straight, the fingers slightly stiff, the thumbs well out. Then we stand and, after filling ourselves with breath, retain it within the body. Soon we feel a surging within, as if power is coming upwards through the whole body, going straight to the top of the head and being held in balance everywhere. Then the exhaling - then the inhaling - then the relaxation that leads us to that divine part of the Breath that we know in our meditation . . knowing that the Force has gone to every cell in our body from the top of our head to the soles of our feet . . . KNOWING THAT THE LIGHT OF THE DIVINE WISDOM WHICH IS IN EVERY CELL IS BRINGING TO US CONSCIOUS UNDERSTANDING THAT "I AM WHOLE - I AM PERFECT - I AM STRONG, etc."

The physical effect of the Breath is beneficial in every instance where the student will follow instructions and adopt the right attitude of attention (as you have already found out, of course). The Revitalizing Breath forms the basis of all correct breathing IN ACTION, as the Memory-developing Breath forms the basis of all correct breathing IN NON-ACTION.

The Revitalizing Breath, then, is the first step that we take along The Path (in Theosophy), along The Way (as it is spoken of by Jesus the Christ), the first step towards Tao or the primordial principle of the Taoists, to the Great Meaning (that which has neither name nor form), that which is contained within the Light that Lighteth the world, to the Golden Elixir of Life, to the rediscovery of The ONE, which means rebirth and life eternal. In all ancient philosophies and religions we find the same thing - this First Step to The Light. In Mentalphysics we call it the Light of Divine Wisdom That Is in Every Living Thing, AND WE KNOW IT TO BE WITHIN US. And this Light, whose secret we are penetrating enables us, when we have come to the full understanding of our Revitalizing Breath, to properly "MELT" and "MIX" the Heavenly Principle.

(a) The Light and The Silence.

The Revitalizing Breath starts the process. Having charged ourselves in the Memory-developing Breath, so that every cell in the organism is fully impregnated with the Living Force, we now revitalize ourselves.

The meaning of this Breath is admirably seen in its very name - we revitalize ourselves by commencing to distribute the Force - clarifying, breaking down the physical and mental obstacles, purifying the physical substance, setting into free flow the Force of the Eternal Universe of which we are a part, and the principles of which are embodied in us in their entirety. I am often asked by the supposed aspirant why, in Mentalphysics, we emphasize the need of purifying the body - why must I, asks a new student, give so much attention to my body? You who read these lines already know, of course, but lest we forget, let me remind you that the body is the Divine Instrument, the Immortal Jewel, and that it through the Instrument that we come to FEEL the Force and the Light, and that FEELING it we come to KNOW it, and later to direct and control it.

The place where the Light resides we know, is in The Silence. But we cannot fully enter and understand the Silence while there is the least vestige of consciousness absorbed by physical sensation of the physical body. We know that when we reach the Silence we are not conscious of any physical substance - and, similarly, we know that while we are conscious of any physical substance we cannot fully know the Silence. Some believe - and indeed teach - that there is no need for physical breathing ; but that is because they do not know. Unless the Instrument is perfect, there cannot be conveyed through it the Harmony of the Golden Secret. We know the Silence only when the body (the Instrument) is perfected.

"We find it," says the Confucianist, "In the Purple Hall
of Jade, where dwells the God of Emptiness and Life."

THIS SPACE IS FOR YOUR OWN NOTES

To the Confucianists it is the City of Emptiness.
To the Buddhist it is the Terrace of Life.
To the Taoists, it is the Ancestral Land, or the Yellow Castle, or the Dark Pass, the Palace of the Heavenly Heart, which is the Dwelling Place of the Master, the Golden Light.

(b) Circulating the Light.

In Mentalphysics it is the TEMPLE OF THE LIVING GOD, the Sacred Citadel of the Light of Divine Wisdom - self-manifesting - self-existing - self-emanating. The TEMPLE OF THE LIVING GOD is "MY WHOLE BODY", this wide Universe, to the realization of the Law of which we shall attain as we come to Our Own Spiritual Breath.

And the secret of our philosophy of Mentalphysics, as in all true occult sciences, is to make the Light circulate ; that is the deepest and the most wonderful secret. The Light is within us - we know it, though it seems that many spiritual evolved people do not know how they know it. BUT THE LIGHT IS NOT FOUND UNTIL WE KNOW THE WAY TO BE STILL, for this is the only way that we can know. When we feel the heat from the Fire (Exaltation of the Fire), and can find the Light and fan It so that we can circulate It, we can melt the Substance. First, the substance of our bodies and I am sure that you can do this ; for when you undertake the Revitalizing Breath properly you are filled with the Force of Life, and you know it because you can feel it. As you go on from step to step the vibration that comes from the Breath is so great that it raises you into a state of "meltedness", all the cells of your body, being so alive, seeming to flow into absolute rhythm.

BY HOLDING AND FIXING AND CIRCULATING THE LIGHT WE SUCCESSFULLY PASS THROUGH OUR EARTH-BODY TO OUR SPIRIT-BODY . . . this comes when we are still, calm, peaceful, completely absorbed, FOR THE LIGHT SHINES OF ITSELF.

Initiate, Noble of the Light of Divine Wisdom, there is no other way. No light can shine but through a lamp - and that lamp must be trimmed and charged with oil - so you can see that our Revitalizing Breath fills us with the fluid, trims our lamp, so that all that we have to do is to watch within for the Light to shine . . . AND WITH PRACTICE IN OUR WATCHING WE FIND THAT THE LIGHT SHINES OF ITSELF.

BUT NOT WITH ONE LEAP CANST THOU SUDDENLY ATTAIN.
WHOSO SEEKETH ETERNAL LIFE MUST SEARCH FOR THE PLACE
WHENCE ESSENCE AND LIFE ORIGINALLY SPRING.

In the Silence, as we learn truly to enter it - radiant and unafraid - we discover the Elixir of Life, the Light of Divine Wisdom.

(c) The Road to Mastery.

This is the Law of Re-embodiment, and through our Thought - pure as the Essence of Spirit, we ourselves can become so purified through practice as to use the primordial power of the Creator within us to re-establish constantly a balance in conditions that we have unconsciously caused to be thrown out of balance. Through the circulation of The Light we begin the practice of Real Mastery. In the truly ascended state - when we follow The Law in Absolute Love to every living thing - we come to control the atomic structure of our world, just as a sculptor controls the substance under his fingers. This writer has met men who can change their bodies, and go wheresoe'er they will just as easily as you and I can change our clothes. If they can do this, we can ; but they, through practice and discipline, have learned the way. We are apprentices in the art, but as we enter The Spirit, and become The Spirit, we shall be able to do likewise.

THIS SPACE IS FOR YOUR OWN NOTES

In one of your early Lessons you learned that "I AM THE PRINCIPLE OF EMBODIMENT." It means that we have the power, though we do not enjoy constant awareness of the fact, of constant re-embodiment . . it is the balancing process, it is the circulation of The Light, it is the power to govern all forces - that is, learning how to completely relax (losing our life in The Life to find it) into the Divine Wisdom (and Force) of the Universe.

The right understanding of the Circulation of The Light gives us the explanation of many conditions in human experience which otherwise seem wholly unjust. We come to know The Law. We come to see that Life is not chance, nor accident ; but that everything that we say and feel and think and do is under direct, perfect and exact LAW. You can see that every experience of consciousness has a former cause. and everything at the same instant is the cause of a future effect. Every thought and act is recorded in the atmospheric ether, the Akashic Records. When one has attained to true DOMINION, he can reclothe and reanimate any Akashic Record he desires to make visible.

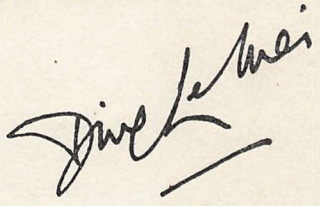
In our beloved philosophy of Mentalphysics we are learning all this, Slowly learning, and the time will come when we shall have achieved Mastery. By the discovery of The Light, and the circulation of The Light, by the "melting" process, we shall come gradually to comprehend The Law.

"Seek ye first the Kingdom of Heaven."

During this week rest in the inner peace. Commune with the Inner Self. Do not talk much - guard The Word. Walk with the Lord of the Eternal within you. Be happy - Give thanks. May we all be able to catch glimpses of the Life behind the Dark Curtain.

Pax profundis.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope,



Written in faith
at Los Angeles, California, U.S.A.

End of the Ninth Commentary,
Inner Chamber.

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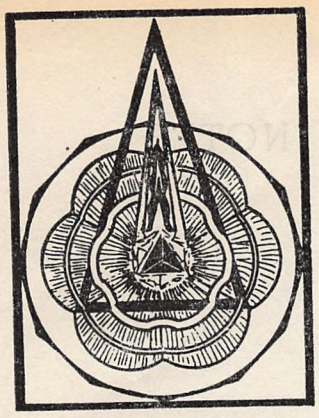

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COMMENTARY **10**

"THE CAVE OF THE MOON" (nine)—The Revitalizing Breath; Right Method and Right Man; "Holy is God the Father of All Things"; Let Thy Light Shine in Unutterable Effulgence.

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY:

1. Each morning breathe The Revitalizing Breath silently - that means, sit in the attitude of Meditation, and go through your Breath in your mind only. Imagine that you are breathing physically, and that you feel the full sensation as in the physical breath, but that instead of feeling the sensation of the rush of breath into the nostrils, you imagine that the breath is coming in through every part of your body. . that you are breathing through your skin, through your bones, through every part of your body. GET THE SAME FEELING AS YOU DEVELOPED IN BREATHING THE MEMORY-DEVELOPING BREATH in The Third Commentary.

2. If you feel that you wish to breath the Revitalizing Breath physically, breathe it only for its physical effect.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In our Ninth Commentary we saw that, when man knows the true meaning of the Circulation of the Light, which is another way of saying when he has full control over the Breath (the Holy Breath), he raises himself to the point of consciousness where he gains DOMINION. Everyone has heard that "When the pupil is ready, the Master appears." So much is heard of the Masters. Many people, merely using words, talk about their "Master", while, as you look at them, you can see that they have not yet learned enough to even begin to understand the nearest things round about them. They are bloodless and cadaverous, have no light in their eye, no elasticity in their step, no melody in their voice, and so on. It is obvious that they are merely fooling themselves. For you must see that to "contact" the "Masters" we must have so refined our own lives as to be worthy of such contact.

Should one seek the Masters? By keeping the body the worthy Temple of the Living God is the only way to seek. Therefore, to you as my student, I say "Seek first the Master within yourself, for until you become desireless and entirely selfless, with Divine Love ruling your consciousness ("sending out your Light to Every Living Thing"), you cannot find Them or know Them when you see Them. When YOU are ready They will find you and bring you into Their Presence."

THIS SPACE IS FOR YOUR OWN NOTES

Noble of The Light, I point out to you the Wisdom of earnest search for knowledge only for knowledge sake - that you can help those who know still less than you know. Be not misled. Avoid spectacularity. We must have sincere purpose in our work. In other words, we must prove ourselves to the Right Man.

(a) Right Method and Right Man.

The right method in the hands of the wrong man can only end in failure. We see this going on all around us, and then man wonders WHY he does not become what he spiritually sees that he should be, and do what he knows inherently he should do in his march of progress to The Heights. But YOU, as a Noble of the Light, and as an earnest devotee of Mentalphysics, are charged with the True Desire to gain knowledge for knowledge sake. Gaining knowledge, we must USE it - we MUST LIVE WHAT WE KNOW; and in every act and word and deed, - every moment in everything that comes to us, - we must be loyal to that which brings us Light.

How grateful we are that through Mentalphysics, our Glorious Mother, thousands have been brought to the knowledge that "Whatever the Creator is, I am." We are finding in our practice that The Light of Divine Wisdom brings us a certain largeness and stability of mind and action that we did not know before. We find that our loyalty gives birth within us to confidence and faithful endeavor, to reasonableness with all whom we contact, and to unfailing generosity, self-denial and dignity of character. We find (as disclosed to us in our very early Lessons) that our Imagination, our faculty of the Creator, urges us on towards True Greatness - to be greater than we have ever been in knowledge, in virtue, in wisdom, in happiness, in aspiration, in love for our fellows and for Every Living Thing . . We are great because we know that THAT WHICH IS, the Creator which we are, is that Greatness from which all great things come.

But in all things we must be practical - The Law of the Universe is a practical Law.

(b) We Must Be Practical.

We must be practical always. Especially must we obey the law of right body building - right diet. You are advised to undertake a thorough alkalinizing period when the seasons change. At these times eat all-alkaline meals (if you are not aware of what alkaline foods are, write to The Institute and find out). What Spirit is to Life, your blood is to your body, and as a physical being you can only be what your blood is. If you stuff yourself with acid-forming foods, there is but one result - the dire result that follows disobedience of the Law of Life.

Then we must be practical in our higher life. The pivotal point of the Eternal Light is ACTION. We must USE the Light. So I charge you, as I charge myself, let your thoughts dwell upon the great things of life. TO BE WHAT WE FEEL WE HAVE A RIGHT TO BE PRESUPPOSES THAT WE RECOGNIZE THAT WE SHOULD DO WHAT WE TRULY DESIRE TO DO.

Greatness sees only great things. Greatness reaches forth to greatness, and attracts it. So this week determine to live a week of greatness of soul, remembering that greatness enshrouds herself in humility - she loses herself in the quality of greatness. Then, think great thoughts and do great deeds.

No Pettiness - no fear.
No sense of lack - no suspicion.
No jealousy - no mistrust.

But only that Love which comes from the Divine Fire within us, interpreted to us through our feeling, knowing that The Light in us shines through as "a light, a

THIS SPACE IS FOR YOUR OWN NOTES

lamp, a torch" in every cell of our physical and higher being.

(c) Let Us Use Our Increased Strength.

Revitalized through our Revitalizing Breath

Let us USE our increased strength.
Let us NOT WASTE the Force in unnecessary sound.
Let us guard our tongues.
Let us sustain our revitalization by using it in the only way that it can, in the final analysis, be used - by noble endeavor to put back into the Universal Supply of Eternal Force that which is ours, for we know that by the Fourfold Law it will thus return fourfold to us.

The only true means to perfect happiness is the possession of Infinite Life, together with the Wisdom that comes from the Light that gives Life, and the power to think and act which the Light and the Law of Life provide. In Mentalphysics we are learning the ART of LIVING, which in simple effect is to give and give and give that which in our lower vibration we possess, so that there may come back to us that nigher vibratory power that our desire to give automatically attracts us to.

As we grow in knowledge of reciprocity of service, we learn never to endeavor to gain anything whatever for nothing, for that simply cannot be accomplished. I charge you in all your dealings during the present week to keep eyes and ears and thoughts so calmly still that you will be able to feel the Divine urge or mystical yearning within you to enlarge your own growth by giving equivalent return for whatever is vouchsafed to you. Feeling the urge, obey it. Thus experimenting, you will find a change in your life for better understanding, and I am bold enough to say that if this Law were obeyed by all men, that which some fear as "Depression" would vanish for ever from the face of this fair earth. There are some who desire All-knowledge, but they are not prepared to pay the price of learning. The Initiate knows that the tools necessary for him to work his way into The Light will be given to him, one by one, as he proceeds inwards towards The Center.

"Holy is God, the Father of All Things.
Holy is God, whose Will is performed and accomplished by His Own Powers.
Holy is God, that determineth to be known: and is known of His own, and those that are His.
Holy art thou, that by Thy Word hast established All Things.
Holy art thou, of whom all Nature is the image.
Holy art thou, whose nature hath not formed.
Holy art thou, thou art stronger than all strength.
Holy art thou, thou art greater than all excellency.
Holy art thou, thou art better than all praise.
O, Thou Unspeakable, Unutterable, to be praised in silence.
I beseech thee that I may never err from the knowledge of thee ; look mercifully upon me and enable me, and enlighten with Thy grace all that are in ignorance, the brothers of my kind, but Thy sons.
Therefore, I beseech Thee, and bear witness, and go into The Light and Life.
Blessed art Thou, O Father!
Thy Man would be sanctified with Thee, as Thou hast given him All Power."

(d) Maintain Your Zeal.

I feel that you have gone far enough now to have learned that the mere learning of

THIS SPACE IS FOR YOUR OWN NOTES

something - as "learning" a thing is commonly understood - does not enable to KNOW the thing. To KNOW it we must be able to LIVE it. The mere intellectual conception of a truth is very different from the true REALIZATION of the Truth. Therefore, I cannot urge you too strongly never to allow yourself to create the habit of merely intellectually dealing with your Lessons and Commentaries. If I were you I would devote a REGULAR time to study and practice. Only in this way will you succeed, by faithful practice, to BUILD INTO YOUR CONSCIOUSNESS THE VERY TRUTH OF YOUR BEING, so that you will be able to reflect the Truth in the everyday doings of your life.

Only this morning I heard from one of my students in Albuquerque, who, in less than six months, has so transformed his life that no one believes he is the same man. He has come from an advanced state of tuberculosis into abounding health, and we have many letters from him on file showing of the wonders he has wrought in his physical, mental and spiritual life. It is a veritable miracle, one which doctors would not believe. But how was it done? By steady, zealous practice - asking no questions, not setting up resistance in any way, but faithfully carrying out his practice in a manner that could not but guarantee to him the desired results in his life. The Outer life keeps the individual chained to the wheel of necessity, struggle, pain, lack and rebirth into similar conditions ; but when we let the Light of the Divine Wisdom illumine and purify us, we find that we unconsciously respond to the plan of the Creator - and we come to know Love, and Peace and Perfection.

Use every opportunity that you have to exercise and use the Light. Use it for the healing of others. Let your Light SHINE. Only yesterday, there was a man in my office with a badly swollen leg, suffering from blood poisoning. He had got up from his bed and came to me thinking that he would be able to get some help. And the help came! He was a student who had slipped back a bit. We talked for some time. Then I remarked that he had better heal his leg. He sat quite still. Together we went through a healing breath, and after half an hour's practice he became so aware of the foolishness that he had been indulging in, and was so determined that he would let go this negative condition that he actually DID let the condition go, and he went away with a leg that was almost normal. In other words, he PRACTISED what he knew.

So we should do all that we can to practice USING the Light. Every opportunity that we can get should be taken advantage of. The more we practice the more proficient we become. We must earnestly practice, for this is the only way to seek and know the God Within. At some of the meetings of the Inner Chamber at The Institute, held every Thursday night, I have witnessed some remarkable things. We do our work in a vibration semi-darkness, and it is a common thing for me to actually SEE students. We do not often SEE people. We see their bodies, of course ; but it has been my privilege to actually SEE SPIRITUALLY many of my students -- and the spiritual you is a Being of unutterable Effulgence. Practice seeing yourself AS YOU ARE - the Center of The Light. . . the Sun of God, . . the Sun Behind the Sun. Then will you be able to see all others as differentiated particles of the Creative Spirit - all Children of The Light.

This week you will be happy and grateful and at peace. You will know yourself in The Light, as you will know Every Living Thing in The Light.

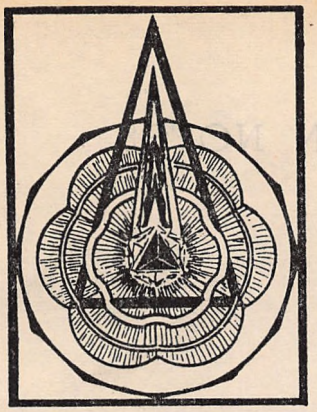
With Peace Profound.

Sincerely your Teacher, in Fraternal Bonds of
Joy and Hope,

Written in Faith at
Los Angeles, California, U.S.A.

End of the Tenth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

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COMMENTARY **11**

"THE CAVE OF THE MOON" (ten)—The Revitalizing Breath; The Journey to the Heights; Truth is Simplicity Itself—the Light of God, the Spirit of the Creator, the Oneness of Life.

BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY:

1. Breath the Memory-Developing Breath and the Revitalizing Breath (physically) twice each, every morning, and once each as soon after sundown as possible.

2. As you go through these Breathings, hold the picture before your eyes of your sunrise (you have your own ideas and recollection of your sunrise - think of the different coloring, the gorgeous shafts of light of pure gold and so on.) If you have not a picture of the sunrise deeply implanted in your Mind, then get up one or two mornings, and watch the sunrise in silence, with the definite idea that you are thus etching it into your memory that you can bring it back at any moment anywhere - that you can see the light, that you can feel the heat, and that you can imagine all that glorious activity within the Sun, and can even sense the force behind the sun (the "Sun Behind the Sun").

3. In your Breathings hold the conviction that you will not allow a single negative thought to enter your mind during the whole of the week, but that your consciousness shall be flooded with the light as you know it in your sunrise. Be very definite about this throughout the week.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

"The trouble with Einstein and his relativity," writes Benjamin Harrow in "The Romance of the Atom," "is that the earth is much too small for him ; the trouble with Rutherford and his atom is that the earth is much too big for him. Relatively speaking, the atom is to the earth what the earth, perhaps, is to the Cosmos as a whole. The triumph of modern science can, in a sense, be epitomized by saying that it has invented new eyes to see and new ears to hear; or, to be more exact, that it has brought within our ken what was beyond our range before. "No yardstick can measure an atom whose diameter is one-three-hundredth of an inch ; yet the physicist has found ways of measuring the size of atoms. No ultra-microscope is powerful enough to reveal to us the existence of an atom ; yet the

THIS SPACE IS FOR YOUR OWN NOTES

physicist is as certain of the reality of atoms as he is of the reality of his own existence. The secret of his success lies in this ; that the instruments that he has invented make atoms (and their constituents, the electrons) perform 'stunts' which our eyes can see ; so that, though we are denied a view of the atom and its interior, we can outline, in a somewhat crude way, the general design of the house."

Harrow, in this quite informing little book, invites his reader to let his imagination roam a little as he thinks of the beginning of things, with its free electrons and protons, Some of these electrons and protons, in time, unite to form hydrogen and helium atoms . . . then, in the course of time, some of the hydrogen and helium unite to form the various elements ; then the elements unite, first to form simple inorganic compounds and later more complex inorganic compounds ; then the complex inorganic compound slowly emerges as the simple organic substance ; and this, in turn, works its way into an amoeba - and LIFE!

What CAUSES all this? The answer is the Creative Spirit. What causes the electrons and the protons to unite - what causes by this union hydrogen and helium atoms - what causes the union of the hydrogen and the helium atoms and form various elements - what is at the back of the creation of simple and later complex inorganic compounds - what causes the complex inorganic compound to emerge as the simple inorganic substance - what causes the amoeba and LIFE?

IT IS THE LIGHT OF GOD - THE SPIRIT OF THE CREATOR.

(a) Truth is Simplicity Itself.

As you think of what has just been written, think of yourself - your Body, your Mind and your Spirit. All coming from, and flowing evenly in, the Oneness of the Eternal. "Teach me Thy Way, Oh Lord."

Comprehending this, we gather to ourselves knowledge of The Absolute. Understanding is first gained through the mind, but greater than this is an understanding Heart (of the pulsation of the Human Heart; then, by practice, losing oneself in it, of the pulsation of the Heavenly Heart). We are in the Oneness ---

The Oneness of Life, as it manifests in and through all forms, from the atom to the Sun, from the amoeba to Man ; animate and inanimate.

The Oneness of Love, as it throbs in the hearts of Every Living Thing as we see it in Our Own Spiritual Breath.

This, my Beloved, is your destiny and mine. To return to the Source, the Father-Mother-God, "from whence we came", or better, "IN WHOM WE LIVE", though our senses have led us astray. To reach the place where carnality is left behind, and to arrive at the portal of our Divine Abode, a God-conscious Man. We are That now, -- we are THERE now. But, as I advised in your last Commentary, we must be practical. We are on this plane - we must engage in all activities of this plane that are necessary to bring us the right experience. You are in business - you must follow your business, but you must train yourself through the TRUTH of your own Life to know that all that you do and say and think and feel is in the Perfect Order of the Universe. Every thought is flowing from the Infinite Source of Spirit-Thought - you are its faultless interpreter. . . . You are engaged in many varied activities, and find that your days are full . . . but it is not you who are doing these things . . . you are so tuned and refined to the Solar Principle of Light that, with absolute rhythm and doing nothing to disturb the rhythm of THAT within you, your life is a perfect reflection of the Principle.

THIS SPACE IS FOR YOUR OWN NOTES

When we gather to ourselves this simple idea, how wonderful Life becomes! There is NAUGHT that is wrong - NAUGHT that is negative - NAUGHT that is dark ----- for ALL IS LIGHT. the Light of the Divine Wisdom That Is In Every Living Thing.

(b) The Journey to The Heights.

I daresay that sometimes you may be inclined to think that there is a lack of continuity of Thought about your Commentaries - that one thing is treated with this week, and then another next week. You may also wonder why you are being taught to change your Breathings, and why they are being given a new meaning through what appear to be new practices. Should you think thus, I must impress upon you that we must not become the slave of conditions in any way.

At the commencement of your study and practice of Mentalphysics, the Spiritual Breathings brought you some definite mental concept, and through the repetition of your spiritual affirmations at the end of each of the Breaths, your mind has been disciplined to certain forces - you feel certain sensations when you mentally say certain words. For example : In the Memory-developing Breath, when you commence the affirmation you set up in your mind certain currents, and as you go along in the affirmation you are able to follow these currents, and when the end of the affirmation has been reached you have gone through a definite set regime associated with this particular Breath. And so with all the others. You can see that in this manner you have been:

(I) Improving your physical body - by virtue of the good that has come to you through gradually perfecting physical breathing ;

(II) Improving your mind - by virtue of increased concentration and analysis of your own thought and keener recognition of feeling (understanding, through watchfulness, of your emotions) :

(III) Improving spiritual realization - by virtue of the intellectual understanding of the Truth of Life and your effort to live what you have learned.

(c) The Habits Are The Man.

In Mentalphysics we are learning THE METHOD. That is the crowning success of our study - the method. Thousands of students have told me that, though they seemed to understand with their minds what Mentalphysics teaches (and this is true, of course, for there is but one thing to learn, and that is that we are the Creator in Human Form), they could not WORK IT OUT IN THEIR LIVES. Mentalphysics shows us HOW TO DO IT. We do it by the HABIT of doing it. To write, we must write . . . to sing, we must sing . . . to LIVE we must LIVE - not read about and study Life. When we LIVE we know, through right living, the Oneness of the Universal. We become the Tree of Life, and through our practices know how to bring the life of the Tree out of its Earth to its Heaven. We turn on the switch (just as you learned to do it in your Cleansing Breath) and find that The Light illumines the whole Temple. Thus we emerge into the Essentiality of Life - which is Love Divine.

Never fear that we shall be led on to the FULL realization, into true Mastership, but Nature shows us that we can only be what we have evolutionarily become. What we have become today is the seed for the increased harvest of our becoming tomorrow. And we must give thanks that in our method in Mentalphysics we have the way.

Never forsake your practices. Practice dispels limitation. If you do not practice, you will slip back again merely into hoping. Hope is static ; KNOWLEDGE is Power.

THIS SPACE IS FOR YOUR OWN NOTES

You may tell a man that he is God. But he will be little the wiser. Take him and teach him, show him what to do to uncover his Divine Nature, and through practice of uncovering it, and with practise of living what he knows, he will come to KNOW THAT HE IS GOD. But merely to taunt him with platitudes which can have little meaning to him, you may disturb what faith he already has, and leave him struggling in the Slough of Darkness, his hope slowly dying out of him.

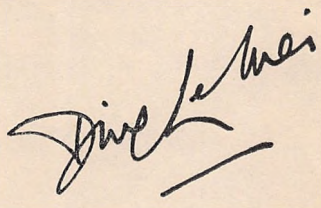
We have gone thus far. We are about to change our methods slightly, but you must not forsake the technique all at once - it must be gradual. Therefore, I charge you to still be restful and reposeful in mind, to put to the test of your own experience what you have already learned, to be constantly in rapport with Nature - to watch her at work within you and without . . . . KNOWING that you are marching on to Mastership - slow but a sure march.

I daresay that I could clothe these Commentaries in a much more "intellectual" dress, but that is not by any means my intention. I want to teach . . and teach . . and teach ; and I must have your cooperation, for I cannot teach unless you wish with all your soul to learn.

Therefore - this week, carry out your Breathings as instructed.
watch the sun rise, and as you watch it - THINK.
Be Happy and Give Thanks.

May you have a wonderful week of Light and Love and Peace.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope,



Written in faith at
Los Angeles, California, U.S.A.

End of The Eleventh Commentary,
Inner Chamber.

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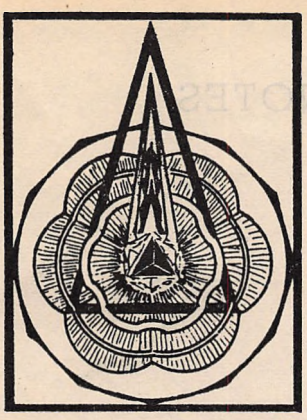

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY 12

"THE CAVE OF THE MOON" (eleven)—Divine Art of Healing; Fanning the Living Flame; Technique for Spiritual Healing; Developing the Spirit of the Current of the Universe.

THIS WEEK YOU ARE TO BE INTRODUCED TO AN ENTIRELY NEW BREATH - THE HEALING BREATH. (which grows out of The Revitalizing Breath). This is rather difficult to teach by the written word. This Breath forms an important part of my closed teaching by mouth-to-ear method conducted at The Institute.

Breathing Instructions for the Week:

1. In the mornings breathe the Revitalizing Breath (physically) twice ; also breathe Revitalizing Breath twice each evening as soon after sundown as possible, following at both these sessions with the new Healing Breath as explained to you in this Commentary.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

This is to be a wonderful week for you. Whatever you do this week, give yourself two short periods each day to "belong to yourself." There must be absolute quiet in your own mind and heart. Go into the Secret Place of the Most High, and there unfold to yourself a great secret for the healing of yourself and the healing of others.

INSTRUCTIONS -

(A) Posture : Sit comfortably, preferably in the Sevenfold Position (if you can sit that way without movement.) Sit as you sit in meditation. If not in the Sevenfold position, the heels must be touching ; the hands, palms upwards, thoroughly relaxed ; the spine straight, but not tensed.

(B) First Movement: 1- Feel that you are HAPPY - and HEAVY. Imagine the body to be so heavy that it cannot be moved . . FEELING that it is heavy, not merely thinking that it is.

2- Then FEEL to the right side of your head, with your thought. You will gradually get the sensation that you are feeling out through

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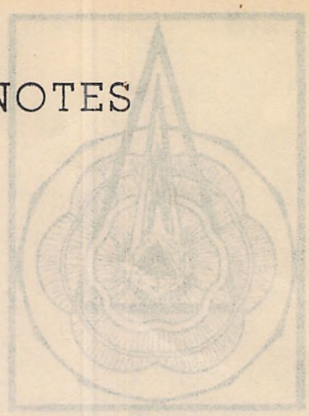


the right side of your head. Hold this feeling, and you will find that the gently concentrated feeling through thought makes the body, particularly the head, bend over a little to the right - the substance of your body will follow the attention of your Thought. Do this for a few minutes - perhaps three minutes or so - ever so silent and still, not moving exteriorly or interiorly.

Soon you will feel as if you are being taken out bodily to the right - that your body in its entirety is going out to the right.

3- Rather encourage this idea. Imagine that you are being swept out to the right through the right side of your head, and WATCH WITHIN YOUR HEAD WHAT IS GOING ON. Do not try to control the current, but let it run and merely watch it.

4- Just let the body do what it wants to do and you be the Silent Watcher. Once you get this feeling, it will be easy for you to feel yourself being directed by it, and it will be exceedingly pleasant.

5- There must be the distinct sensation that you are feeling out through the right side of head . . . further and further out . . . stronger and stronger ----- and YOU SITTING ENTIRELY STILL AND HAPPY.

(C) Second Movement: 1- After having done this for some time, you will feel yourself gently swaying out to the right ; you will be definitely conscious of the current taking you to the right. NOW, CHANGE THE CURRENT - change the FEELING ; FEEL OUT THROUGH THE LEFT SIDE OF YOUR HEAD.

2- Then repeat precisely the procedure outlined above under (A), changing from right to left.

(D) Third Movement: 1- Having carried out (B-2), feel within your own head and gently declare to yourself that you are stopping the current and FEELING DOWNWARD. You are feeling down through your body, from the top of your head to the tips of your toes - then you imagine that, like a great wheel, the force is coming up again to the top of your head and down again through your body in one gradually quickening revolving movement. You must do this very deliberately with your FEELING, so that you are conscious of the circular movement. (With a little practice, this will come to you quite naturally. Then you watch and FEEL, FEEL, FEEL within yourself, and just watch what you feel.)

For the First Two Days (Morning and Evening) you will carry out the above.

On the Third Morning, you will find it much more easy to go into the Breath, and will be able much more quickly to get the feeling. You will be able almost immediately to get the "pulling" sensation, as if it were pulling, pulling you far out to the right. Similarly, when you change the thought and consequently change the feeling, you will get that pulling sensation to the left. Finally, when you stop the current, and feel downwards, you will feel that your whole body is "melted", and that it is apparently going in all directions ; but your Mind will be clear, and you will feel as light as a feather.

THIS SPACE IS FOR YOUR OWN NOTES

NOW FOLLOWS THE AFFIRMATION FOR USE AT
THE END OF THE BREATH. READ IT REVERENTLY.

You should read what follows many times during the first two days, so that you will be able to familiarize with the idea of the Healing Breath. It would be better for you to memorize this, but by reading it many times you will be able to get the feeling - and that is what is wanted. Throughout this breath it is not THINKING that I urge you to engage in, but FEELING . . . F E E L I N G . . . . F E E L I N G THE CURRENT; NOT THINKING ABOUT IT.

What is now written is what I declare during and after the movements of the Breath when I conduct a class in closed work at The Institute. You may imagine yourself sitting in a circle with other students. You are all sitting in the Posture indicated above. Get, then, the picture in your mind - and imagine that you are sitting between two people who, like you, form links in the Circle. Then imagine that you can hear my voice - declaring what follows with softness, with emphasis, in smooth even tones that seem to send you to sleep - the body asleep, but the mind perfectly clear and alert. These are the exact words that I use :

1. "Now, I am thinking out through the right side of my head. I am thinking of my right-hand neighbor. I am FEELING out through the right side of my head. . . . There it comes - that beautiful sensation, seeming to carry me away to the right - to the right - to the right. It seems as if I am on a cloud going out endlessly through space to the right . . . it seems as if I am on the bosom of a great billow, going out over a far-outstretching sea to the right, to the right, to the right.

2. "I AM DEVELOPING PRANA IN THE POSITIVE CENTER OF MY WILL POWER.
"I AM DEVELOPING THE LIFE CURRENT WITHIN ME IN THE POSITIVE CENTER OF MY WILL POWER.
"I AM DEVELOPING THE CURRENT OF LIFE WITHIN ME - I AM DEVELOPING THE CURRENT OF THE UNIVERSE WITHIN ME - I AM DEVELOPING THE SPIRIT OF THE CURRENT OF THE UNIVERSE WITHIN ME IN THE POSITIVE CENTER OF MY WILL POWER.

3. "I FEEL A PUSHING SENSATION OUT THROUGH THE RIGHT SIDE OF MY HEAD. IT GROWS A LITTLE FASTER, A LITTLE SMOOTHER, A LITTLE DEEPER, TAKING ME AWAY TO THE RIGHT. I AM DEVELOPING PRANA IN THE POSITIVE CENTER OF MY WILL POWER.

(The probability is that you will find that your Mind will be charged with the idea that your body is actually going away to the right. Merely sit still ; watch ; feel what is going on in your own body, and register the feeling for future experimentation.)

4. "And now I reverse the current. I am FEELING AWAY TO THE LEFT - TO THE LEFT - TO THE LEFT. There it comes, that beautiful vibration, taking me away to the left. It seems to grow a little faster, a little smoother, a little deeper.

5. "I AM DEVELOPING PRANA IN THE NEGATIVE CENTER OF MY WILL POWER.
"I AM DEVELOPING THE LIFE CURRENT WITHIN ME IN THE NEGATIVE CENTER OF MY WILL POWER.
"I AM DEVELOPING THE CURRENT OF LIFE WITHIN ME - I AM DEVELOPING THE CURRENT OF THE UNIVERSE WITHIN ME - I AM DEVELOPING THE SPIRIT OF THE CURRENT OF THE UNIVERSE WITHIN ME IN THE NEGATIVE CENTER OF MY WILL POWER.

6. "Now I stop the current and I AM FEELING DOWNWARDS, DOWNWARDS. I imagine that Great Light at the top of my head, and it is coming down, down to the tips of my toes. Now up around in front again like a great wheel - - (do the circular movements three times) - - then, mentally declare ---

THIS SPACE IS FOR YOUR OWN NOTES

7. "THE CREATOR IS WITHIN ME: LOOKING OUT ON THE UNIVERSE THROUGH MY EYES,
" " " " " LISTENING TO THE SOUNDS OF THE UNIVERSE THROUGH MY EARS
" " " " " THINKING THE THOUGHT OF THE UNIVERSE THROUGH MY MIND
" " " " " ISSUING THE SOUNDS OF THE UNIVERSE THROUGH MY THROAT (purify Thou my throat)
" " " " " DOING THE WORK OF THE UNIVERSE THROUGH MY HANDS
" " " " " E X P R E S S I N G T H R O U G H M E --

"WHATEVER THE CREATOR IS, I AM.
"I AM PERFECT AS HE, AS IT, THAT WHICH I FEEL WITHIN ME, IS PERFECT.
"I AM PERFECT MIND IN A PERFECT BODY . . . I AM THAT I AM.

8. "And now the body is in a liquid, liquid state - wheels within wheels, seeming to be going in all directions. But YOU, triumphantly seated within the citadel of your own Spirit, the Mind crystally clear. I bring that Great Light again to the top of my head, and with the power of my Imagination I spread it out as far as I can spread it . . and then I bring it Down with a slightly pressing sensation downwards, to be met with a slightly resisting sensation upwards . . . and so I bring it Down . . Down . . Down . . then up around again in front, and down, not missing one cell in the body ----- CLEANSING . . CLEANSING . . CLEANSING, and now I SEE MY WHOLE BODY, my WHOLE BODY FULL OF LIGHT.

9. "And now I will fan the Living Flame that brings the Light, as Feeling upwards to the top of my head, Feeling Happy, seeing that Golden Light go out in all directions from the top of my head, Giving Thanks, . . I take a little breath and a long, long-deep, sweeping, sweeping sigh. And now I take another little breath and a quick sigh --- and I wake up slowly."

Be silent about this. Practise this Commentary faithfully. Make it a sideline of your regular study until you are proficient in the mechanics of the Breath. Whatever you have learned in Mentalphysics so far will fade into less importance by the side of the INNER meaning of this Healing Breath.

Registering in your Mind what you FEEL in this Breath, USE IT THE NEXT DAY IN ALL THAT YOU DO.

I embrace you in the Truth of Life - you are Life Eternal.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope,

Dine Le Shan

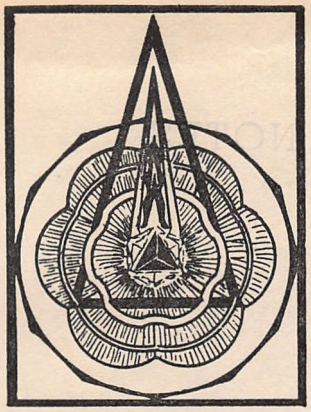
Written in faith at
Los Angeles, California, U.S.A.

End of the Twelfth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

Sincerely your Twelve Stewards,

Reverend Bonds
of Any and Hope.



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The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
13

"THE CAVE OF THE MOON" (twelve)—Symbology of "The Resurrection"; The Law of Nature is a Tendency Upward of All Living Things; All Life Symbolical of Its Hidden Force.

Breathing Instructions for the Week:

Same as in The Twelfth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond!

I hope that you will have been faithfully practising The Healing Breath. This is one of the most important breaths so far given to you, and is, in a way that you possibly cannot fully comprehend yet, an opening wedge to much wider understanding. A ray of Light, shot from the Deity, is the cause and principle of all that exists. We are familiar with this truth. It is at once the Father and Mother of All, in the sublimest sense. The Healing Breath enables you to FEEL this to be true, for it unfolds to us the meaning of what is called the Resurrection. At Easter, throughout Christendom, we celebrate Easter... the coming of the Spring, the renewal of Spring's promises of Life, and so on.

In The Healing Breath we have the means at our hand to realize the Resurrection at any time, for every day is the Day of Resurrection with us.

(a) Life the Eternal Symbol

Let us speak a little about this idea - thinking of Easter. Easter Day, for that will bring clearly to our minds the idea of the Resurrection. Easter, first, is the symbol of Universal JOY, which we all feel to be the very essence of life, and know it to be our real heritage. At Easter time we know only Joy and Beauty and Love and Peace and Life. At that time Nature, through the earth, renews her promises. The Sun increases his heat and Light for our benefit. In the springtime a young man's fancy lightly turns to thoughts of Love - not at all by mere chance, but because, with the increase in the Light from the Sun, it is natural that man should feel more of Love - which is the Essence of the universe, the pivot of Right Activity, the kernel of Life itself, the seed of all True Expression . . . and that which men call God is Love.

THIS SPACE IS FOR YOUR OWN NOTES

Of course, Easter - the Spring - Man - Life Itself means nothing to us unless we can see the higher, deeper, inner thing of which Easter - the Spring - Man - Life Itself is the symbol. Man is but a symbol, and the thoughts of his Mind - being the essence of the Mind of God In Transit - point him always onward and upward to a higher interpretation of life, to a better understanding of that which causes Life, to a better conception of the unchanging universe of which he is a part, to the inner meaning of the Eternal Oneness that springs from the Heart of the Eternal Lord, the Giver and the Receiver, the Absolute Father-Mother-God from whom we come, to whom we go.

(b) Symbol of the "Resurrection".

The Healing Breath brings us to the symbology of the "Resurrection."

We find traces of the generally accepted doctrine of the Resurrection in Zoroastrianism, in later Judaism, but the doctrine is peculiarly Christian. In the early Hebrew scriptures there is no mention of it, but by the time that Jesus walked the earth it had become a formal doctrine of the Pharisees. It remained for Jesus and his apostles to reveal clearly the doctrine of the resurrection of the Body, and to connect it with the fact of Jesus' own resurrection as a kind of special evidence and pledge.

I wonder what comment Jesus, as the great Master of the Mysteries, as most advanced thinkers can visualize him, would make upon the popular belief among thousands of professedly Christian people today regarding the "Resurrection." They believe, of course, that all the dead will be raised indiscriminately to receive judgment according to their works . . . they that have "done good" to the resurrection of life, they that have "done evil" to the resurrection of damnation. The "Resurrection" is supposed to take place on the Last Day, by which seems to be meant the close of the present world (though what that means no one knows, for science knows that this earth will last probably a million years longer). Otherwise enlightened, many people hold on to this idea, and the "Resurrection" as taught by the Priestcraft, has been a great stumbling block in the path of human thinking on the Truth of Life.

The "Resurrection", in its truth, is symbolical of the power that you and I have over Life and Death - the unbroken continuity of life, of immortality here and now always. After I had been in my old temple in Tibet for some months, I became restless. I felt that the time had come for me to again come out into active work in the world. It had been very wonderful to me, and I had seen many "strange" things, which I reveal to my students here at the Institute in my mouth-to-ear teaching. My old Master came to me, and told me that he was to show me the ultimate power. He was to go out of his body. So one morning, he prepared himself, and, going to the place set apart in the temple for such practices, he chanted himself away. He told me that he would be away until the ninth hour of the ninth day, but that at that hour he would return.

Preparations were made. Two priests sat beside him as he laid down his body, chanting himself into "the other side," "beyond" . . . use what word you will. The priest on the right was the positive current, the priest on the left the negative. So my old master went from his body. The body became still - every pulsation ceased - a Western Medical man, placing a stethoscope over his heart, would have pronounced him "dead". I, his humble pupil, felt that I, too, underwent a great change, for I did not wish to eat ; my spirit was at rest ; I just "mooned around" for the nine days. Then, at dawn on the ninth day, there was a silent stir in

THIS SPACE IS FOR YOUR OWN NOTES

that part of the temple in which his body lay, with the two faithful ones keeping guard and holding the pranic current in the body. Secret preparations, such as the massaging of the body and so forth, were undertaken. Soon the pulses of the body became stronger, color came back to his face, he moved, he arose, he walked, and coming towards me bowed low. He had learned the secret of the "Resurrection."

(c) Another Instance of Mastery.

These things are hard to write about, nor can explanation be made. But just as he was able to leave his body at will and organize another body, so have we the power to do likewise - only we do not yet know the way.

One day my old Master was to take a short journey. He commanded me to accompany him. Passing through the first small village, he was approached by the elders, who implored him to remain with them, for they feared that roving bands would pillage their homes. As he spoke he was transfigured. I watched closely, and soon, though I was talking to him and could touch his body, I saw his body lying across the threshold of the gateway to the village. Turning to the headman, he said "Go in peace to thy work ; now no harm can come near thee."

Unbelievable? Of course, it is unbelievable to those who have not witnessed such a phenomenon. "You were hypnotized," some will say. I will not argue. Only this I know, that at nightfall, when we again passed that way, I saw that body that was lying as a protection between the uprights of the village gate disintegrate, and the villagers met together to give thanks. Asking how it was done, there came from my old master his stereotyped reply, "Go - and find out!"

The hidden meaning of the "Resurrection," which is typified in the Easter celebration in Christendom, is Man's Eternal Unfoldment of His Divine Nature. We do not know how these things are done - all is mysterious to us. But everything is mysterious until it is unfolded for us in consciousness.

(d) Nature's Upward Path.

The Law of Nature is a tendency upward of all living things. After the nebula the orb, after the orb the mineral, after the mineral the animal, after the animal Man. The evolution of Nature is followed by the progress of humanity. Man, as man, can only aspire to that of which he has some knowledge. Jesus, as the Master of the Mysteries, possessed that knowledge which was the POWER that enabled him to revivify the atoms of his body to right coordination that the Force of Life Itself flowed undeterred in and through his body, so that he "rose from the dead." My old Master also has this power, and demonstrated it to me.

So the Song of Life is that of the "Resurrection." Every seed that brings forth a plant, every breath that brings us life, every thought that causes us to act . . . all life expression is symbolical of the "Resurrection."

I refer you to your early lesson that deals with Pervasion - you and I are All-pervading. No subject has agitated human thought or agitated human hearts more than the question of Immortality. Life itself is a bewildering mystery . . . bewildering because we do not understand life, bewildering because we do not understand ourselves.

The superstitious thinker believes that Eternal Life begins after "death", and very few there are who know that there is only One Life. If any life anywhere is eternal, then ALL LIFE EVERYWHERE IS ETERNAL. Thus there has come in this age a battle between Science and Religion, the former dealing with the present life and

THIS SPACE IS FOR YOUR OWN NOTES

the latter preparing for what is called the after-life. There is no knowledge on the essentially physical plane of life, either in science of physics, or in the realm of psychology, that can lift man out of this confusion. But we in Mentalphysics are learning how to lift ourselves beyond the physical to the true realm of the metaphysical.

(d) There is no Death.

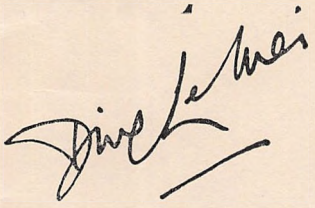
We are learning how to see the truth in both religion and science. We are learning that everything that we can sense in the Universe is but symbolical of the One Force behind and within. Traditional religion has been built up on the thought and visualization of a life that comes after the existence on the physical plane. It is generally believed that "death" is inevitable, and with this negative thought established, naturally the Creative Spirit within man is always urging him to turn to religion as a guide and inspiration. Science has yielded to the influence of the thought that death is inevitable, and deals mainly with the life here on what is called the material plane of existence, and because of that we cannot look to material science for spiritual enlightenment. But the time is coming when science will so push its investigations that it must arrive at the point where, passing through the full investigation of the physical it arrives at the metaphysical. There are happy signs of this already.

But we in Mentalphysics, through a life of poise and light and joy and love, are learning more than we can learn in any material way, though, as scientists, we have to put our lives on the physical plane through the microscope of thought on the lowest place - thus, gaining mastery of the lower, find that we are being led lovingly to the higher . . . and the highest of all is the symbolical interpretation of what we call the "Resurrection" - Love Triumphant.

I send you thoughts of Joy and Power and Conquest. You are at the dawn of your Day of Triumph.

Peace be unto you.

Fraternally in the Bond of Joy
and Hope,



Written in faith at
Los Angeles, California, U.S.A.

End of the Thirteenth Commentary.
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **14**

"THE FIRST RETROSPECT" (one)—The Way of Attainment—Self-Analysis; The Tumult of Materiality.

Breathing Exercises for the Week.

1. You should take all your Breathings this week, from the Memory-developing Breath to Your Own Spiritual Breath. If you feel that you have mastered them, and have little need of physical breathing, take them all silently, going through one after the other, seeing whether you have made progress in the control of the FEELING which each Breath brings to you. At all events, do some physical breathing consistently this week.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

During this week I wish you to read through, once each day if possible, the whole of your Commentaries, from The First Commentary to The Thirteenth Commentary. If that be too much for you, then read through all of them once during the week, and consider very carefully

Second Commentary	(a) Exercise for Reading the Aura - p. 2.
Third Commentary	(2) Exalting the Fire of Life, p. 4.
Fourth Commentary	From "Though it may not seem to be so, THE LAW IS - pp. 3-4.
Fifth Commentary	(a) Cosmic Order, p. 2 - get the Seven Kingdoms clearly in your mind.
Sixth Commentary	(b) Secret Exercise for Exalting the Fire, pp. 2-3-4. This exercise is of the very greatest importance to you, but you must PRACTICE IT.
Eighth Commentary	The whole of this Commentary.
Ninth Commentary	(b) Circulating the Light, p. 3.
Tenth Commentary	"Holy is God, etc.", p. 3.
Twelfth Commentary ...	Practice, practice, practice this.
Thirteenth Commentary.	Study thoughtfully.

THIS SPACE IS FOR YOUR OWN NOTES

(a) Review of the Revitalizing Breath.

I am gratified to hear that these Commentaries are being appreciated by Nobles. I have received more letters during the last few days from Nobles of the Light than ever before in a similar period of time. While it is true that in all occult study the individual student receives precisely that which he is evolutionarily developed to receive, it is expedient that I should counsel you to have a due sense of grateful appreciation of what you are being given in your Commentaries in Mentalphysics. So that this sublime Teaching shall be allowed full play in your own life, you are asked to hold yourself strictly to the spirit of our beloved philosophy. You must have FAITH.

Many of the practices and the exercises - such, for example, as the exercise outlined in The Sixth Commentary - may appear mysterious to you. But I would point out that, using the knowledge that you have, you appreciate that where there is no knowledge there is no mystery ; where there is no Knowledge there is no Love ; where there is no Love there is no Life ; and where there is no Life there can be no service, and service in The Law alone is true growth. Be warned not to allow Mentalphysics to become merely an intellectual pastime or entertainment. Conduct thyself, O Noble, with propriety - guard thy tongue - when false feeling enters into thee, banish it with a strong mental counteraction.

(b) The Way to Attain.

All human progress, whether individual or collective, has been achieved by effort - doing - and all doing has been inspired by aspiration. "Where there is no vision, the people perish." Wherever among men aspiration dies out or effort relaxes, progress slackens, ceases and is followed by retrogression. We find it in nations. So it is with the individual. Right aspiration and its resulting action are the essential conditions of attainment.

I do not mean to preach at you, but I have in my work been compelled to watch human beings for many years. I have seen many students start out well - for the human being is generally a good starter. But how often a man gives up just at the moment when to have kept on would have meant abounding success for him. It is the same with students of the higher things of life. They start. They get to know a little, - they forget that a little knowledge is dangerous, - with a little knowledge they think they know all, - indifference comes, and then often collapse . . . and then they find that they have been playing with fire and have brought themselves into a greater state of confusion than before. Whereas, with the man who rightly aspires, and finally links action to aspiration, he attains.

There is no human life so lowly, so hemmed in by adversity or ill-fortune, so grey and dull, that there is no place in it for right aspiration and no opportunity for real success. On the other hand, there is no life so full with knowledge that there is no place for higher understanding.

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In this Review we should ask ourselves direct questions; thus:

Am I making of myself all that I can - am I true to my higher self?
Am I gaining all that I should gain on every plane of life?
Am I fully and permanently established in Joy?
Am I obtaining from the world as I know it all that it is capable of giving me?
Am I giving to the Universe all that I can give, knowing that the Fourfold Law brings back to me fourfold what I give?
Am I doing my full share towards the upbuilding of the human race in higher understanding of The Law?
Am I learning all that is necessary for me to know, and am I LIVING WHAT I KNOW?

(c) The Cause of Differing Opinions.

He who imagines that it is difficult to learn the inner secrets of the Universe - its fundamental realities, its origin, its cause, its reason, its destiny, or the part which man is called upon to play in its history, is deceived. The darker life looks to any man, the more eagerly should he turn towards the window through which the Light Ineffable that bathes and gives life to the Universe may be seen. The more miserable he appears, the more should he learn Joy - and we know Joy by using it.

But there is much confusion in the world, and there are teachers who arise and, often for their own material gain, essay to teach what they themselves have not been able to demonstrate. There are so many sects and religions, and I wonder whether you have ever sat and simply turned over in your mind WHY there are so many differing views on the simple essentialities of life. We in Mentalphysics know, for we have learned it in such a manner that it is irrevocably rooted in our consciousness, that "from God we come, to God we go." We know that we are never away from God, for we are God in human form. If this is true of you and me, it is true of all human beings. How, then, is there so much confusion of thought - why so many differences in "opinions" - why should there not final and absolute knowledge be the possession of everyone?

I may explain it in this way.

At the time of conception, when the soul gravitates towards body in this first production of herself, she begins to experience a material tumult, that is matter flowing into her essence. This is what Plato remarks in the Phaedo, that the soul is drawn into body staggering with recent intoxication, signifying by this, the new drink of matter's impetuous flood, through which the soul, becoming defiled and heavy, is drawn into a terrene situation. Descending souls first experience intoxication in the descent from the higher vibration of spirit to the lower vibration of matter. Hence oblivion, the companion of intoxication, creeps into the soul. If souls

THIS SPACE IS FOR YOUR OWN NOTES

retained in their descent to bodies the memory of divine things, of which they were conscious before their descent, there would be no dissension among men about divinity, or life. But all, in descending, drink of oblivion, of forgetfulness ; some more, some less. Those who drink lightly of oblivion are marked by their higher powers and their higher understanding - they are the great ones of the earth. Those who drink heavily are urged, in their progress through life, to engage in much discussion and expression of opinion, for this is the urge of the soul to come back again into its own nature.

On this account, though Truth is not apparent to all men on the earth, yet all exercise their opinions about it ; because a defect of memory is the origin of opinion. That is why, in our very first breath in Mentalphysics, we call it The Memory-developing Breath, so that we may so purify the substance of ourselves that the Memory of us (the memory of the Soul) may be awakened - and that brings Knowledge. Those discover most who have drunk least of oblivion, because they more easily remember what they have known before.

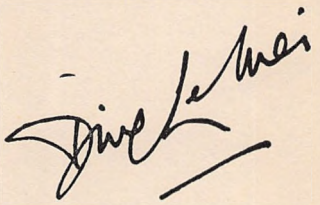
> "That which Nature binds, Nature also dissolves ; and that which the soul binds, the soul likewise dissolves. Nature indeed bound the body to the soul ; but the soul binds herself to the body. Nature, therefore, liberates the body from the soul ; but the soul liberates herself from the body. Hence there is a twofold death ; the one, indeed, universally known, in which the body is liberated from the soul ; but the other peculiar to Philosophers, in which the soul is liberated from the body. Nor does the one entirely follow the other."

In Mentalphysics we are learning how we may complete the balance, for we are finding that the body is the instrument for All That Which Is.

I hope that this week will be for you a week of Joy. Next week we shall go into Our Inspirational Breath, and I know that you will give thanks for what is to come.

My peace I give to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Fourteenth Commentary,
Inner Chamber.

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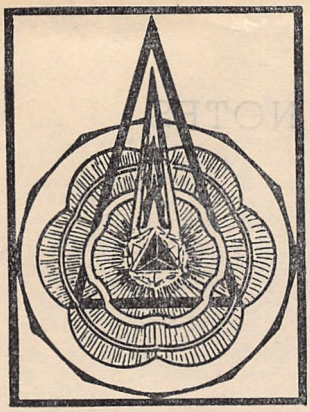

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COMMENTARY 15

"THE FIRST RETROSPECT" (two)—Life—One, Indivisible, Eternal; Principles of Esoteric Chemistry.

Breathing Exercises for the Week :

1. You are advised to have a week of relaxation. Do no physical breathing, so that you will be able to see whether you feel any sense of loss. We must gradually wean outselves from physical breathing - rather, we must know that we have trained ourselves properly to breathe, so that full physical breathing will become automatic with us. If you feel that you miss something through not carrying out your breathings, then you will have learned that you have not yet builded into your consciousness full breath control.

2. Take the Healing Breath - refer to your Twelfth Commentary. Do this twice each day, morning before breakfast, and as soon after sundown as possible.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

If you have carried out instructions given in your Fourteenth Commentary, you will have put yourself through an examination, so to speak, and will have crystallized in your mind what you have been learning. This week you should just let down . . just let yourself go. Take a holiday from your study. See friends. Go out a good deal. Live what others would call a "normal life." In this way you will be able to arrive at a conclusion of the progress you have made.

In these Commentaries we have been going rather fast, and, though some are more faithful than others, the fact that you even read these Commentaries every day or a few times each week, is probably proof to you that you are gradually absorbing some of life's deepest secrets. Nevertheless you must never cease to practice, but we must not be in the slightest degree unbalanced. "He who recognizes his Light, but remains in the Dark, he is the model of the world." In Mentalphysics the principal idea I try to convey to students is that we must be practical in all things.

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In my work as a Teacher, I often meet people who "know" a great deal. They can talk most glibly about various phases of philosophy, but they do not live LIFE. WE are life. We are not thinking machines that merely think about life, but, on all planes of our being, we are so constructed through our experience as to be fitted for LIVING.

(a) A Simple Illustration.

I repeat that YOU ARE LIFE. But what IS life? You cannot tell, nor can I ; but we may come to KNOW LIFE by really LIVING.

We know, of course, that the "atmosphere" in which we all live and move and have our being through breathing is chemical activity (or chemical substance). Every particle of this substance, no matter how minute, possesses in itself some degree of Intelligence, and that Intelligence is what the world calls God. Just as the "atmosphere" (Prana) is everywhere, so we can see that God is everywhere, and so we see why, all down through time, men have declared that God is all-wise, all-knowing. There are millions of people who have not learned and come to know what through learning we have come to know. They think still that God is separate, but we in Mentalphysics KNOW that God is within us, and that you and I are the Creator in human form. We know it through many mental conceptions. And, no matter from what angle of understanding we approach this Truth of Truths, we know that God the Supreme, is one indestructible substance - chemical substance, if you will.

This new knowledge allows us to rest and think. We see that we have eternity before us - for we are eternal NOW. We did not know what life meant ; we did not know what death meant ; we did not know what God meant. Now that we know that the whole Universe is one great chemical laboratory, we see that if the substance of life is God, and if everything is made out of this one substance, the idea of spirit and matter, or any other number of substances, is obliterated from our minds for ever. We know that there is but One.

Take your own breath: The air is invisible. It cannot be seen, touched, handled. Yet it is THE substance which is used by every living thing in the Universe. I remember when I first came to understand somewhat of my own breath, I used to think in this way ; "Suppose every person on earth were trained in deep breathing. Suppose it were possible to train every other living thing in deep breathing. Suppose that at some given moment of time, every living thing were to take a deep, deep breath, with the idea of taking in every bit of air possible to inhale . . . Would it be exhausted? Would it be changed in any way?"

Of course, you can see that it CANNOT be changed, for immediately upon the exhalation your breath again becomes part of the universal air. Then all the breathers use it over and over again as it is inhaled and exhaled. Therefore, Breath being LIFE, your breath becomes my Life, and my Life becomes your Breath. That is, my chemical energy becomes yours, yours becomes mine. " . . in Him we Live and move and have our being."

It is a great thought, and you will be well advised to think upon it.

(b) The Intangible Life.

Having this simple thought in mind, knowing that the Substance of Life (or God) is chemical Substance, then HOW CAN DEATH BE A PART OF THE PLAN OF LIFE? If there were Death, then how could one pass through the experience called Death and the others go on living -- if there is the ONE Indivisible and Eternal?

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Death is a man's own doing. He simply ceases to breathe in that in which he lives and moves and has his being. He simply has failed to keep himself sufficiently positive to continue to breathe - to continue to take in the air or chemical substance, which is Life and which is God. The air - the chemical substance - God - the Creator - call it what you will - is the same yesterday, today and for ever. THAT was not changed simply because one person stopped using it.

We may extend this idea ad infinitum, to show that "Death" is simply the Law of Cause and Effect. You may think of ANYTHING, as a matter of fact, and subject it to your own analysis, and you will find the same kind of conclusion naturally comes into your mind.

Take THOUGHT, as another example : A thought cannot be seen. It is invisible and intangible. I know that you can see the EFFECT of thought, the same as you can see the effect of LIFE, but you cannot SEE thought and you cannot SEE Life. Take Love - and Joy - and Peace - and Strength, and so on, and so on. Thought can neither be seen, nor handled, nor tasted, but we students in Mentalphysics KNOW that it is chemical in its nature. You may remember that story I told about the woman who, watching a fight, and then getting into the fight in a wordy manner, so that she became literally on fire with rage, poisoned her child as it suckled at her breast - the effect of the chemistry of THOUGHT.

The influence of a thought produces an effect which corresponds EXACTLY to the chemical nature of the Thought Itself. When we have learned this, so that we can say that we KNOW it (can DEMONSTRATE IT), that is all that we have to learn.

How beautiful to know that, through our practices with BREATH - our beautiful wonderful Breath - we are coming to KNOW this Chemical Substance . . . we are coming to KNOW GOD, THOUGHT, LIFE. Thought Chemistry is revealing to us that thinking makes us what we are. Thinking makes ALL what it is.

(c) Esoteric Chemistry.

You see, therefore, that God's creative compounds are constantly forming a new race. YOU may now consider yourself to be a member of the New Race, you are a builder of the New City. We emphasize in Mentalphysics the importance of bodily fitness, and we have come to know that the "body" is a very different thing from what we have always thought it to be. We see the REAL meaning of the Body in our own Spiritual Breath. We see the need for all of us who desire rejuvenation (which means regeneration) of the physical body to strive by every means to build new tissue, nerve fluids and brain cells, constructing "new bottles" for the "New wine." The word "wine" in the scriptural sense means blood, and blood is the wine of life.

The parable of the turning of the water into WINE at the marriage at Cana of Galilee has a much deeper meaning than we generally believe, for Jesus did not only mean that he was able to turn the fluid water into the fluid wine for the satisfying of the essentially physical needs of human bodies. This incident is explained by the late Dr. George Washington Carey (a great soul, unrecognised in his time) thus:

"Galilee means a circle of water or fluid - the circulatory system.

"Cana means a dividing place - the lungs. (In the Greek, a "place of reeds", or cells of lungs that vibrate sound.)

"Biochemists have shown that food does not form blood, but simply furnishes the mineral base by setting free the inorganic or cell-salts contained in all

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foodstuff. The organic part, all fibrin, albumen, etc., contained in food is burned or digested in the stomach and intestinal tract to furnish motive power to operate the human machine and draw air into lungs, thence into arteries ; i.e., air carriers. Therefore, it is clearly proved that air (spirit) unites with the minerals and forms blood, proving that the oil, albumen, etc., found in blood, is created every breath at the "Marriage of Cana in Galilee."

"Air was called water or pure sea, viz., Virgin Mary. So we see how water is changed into wine - blood - every moment."

In the new age that is dawning for you and me, we shall need perfect bodies to correspond with the higher vibration - or the new understanding - or the new thought power - or the new God that we have found - or the Life that we are coming to understand - or the new Heaven that we are building. To the "intellectualist" it may appear to be very complicated, but when we recognize only THE ONE . . . and know that you and I are that in human form . . . it is blissfully simple. And we can only Give Thanks!

We are beginning to see a "new Heaven and a new Earth" - A NEW MIND IN A NEW BODY.

This week let your thought rest in bliss upon these things. Be happy. Know that all that there is is within you. That you are able to increase its vibration. That being happy is a vital principle which is the food of Life Itself.

I am grateful that I can write to you like this. I wish that it were possible for me to get closer to you, but, though in many instances, we have never met, Teacher and Pupil, we KNOW that we are bound by that indissoluble bond of Harmony and Love and Life and God that naught can disturb. Know that at The Institute, no matter where you may be, we are close to you, and we desire, above all else in life, to bring Light to you upon The Path. Be happy and Give Thanks. Praise the Wondrous Spirit within all living things that we have indeed met in this way.

My Peace I send to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifteenth Commentary,
Inner Chamber.

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COMMENTARY **16**

"THE INSPIRATIONAL BREATH" (one)—The Source of Inspiration—The Result of Inspiration—Awakening the Sacred Fire Within Thyself; The Great Primordial Principle.

BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY:

1. Each morning breathe The Inspirational Breath. Breathe it three times to seven times, but let there be no strain. (Stand in the same place each morning, and as you commence the Breath see whether you can feel the vibration coming to you through your feet. You should be able to go into your room in the dark, and by feeling with your feet, know that you are in the exact spot that you breathed before.)

2. As near to noon as possible, breathe The Inspirational Breath twice.

3. As near after sundown as possible, breathe the Inspirational Breath twice.

(Read note on p. 1 of The Ninth Commentary below Par. 3 of Breathing Instructions.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

If you will turn back to The Ninth Commentary, you will find that seven weeks ago you started the "Melting" Process. What progress you have made towards the realization of this you will be able to judge ; but I daresay that if you have faithfully pursued your work you will feel (a) in the physical body, a lighter feeling, as if the substance of the body is lighter than it used to be, that you are able to turn and move more rapidly, but that the feeling of physical coordination is something that comes from within - this is difficult for me to explain to you, but I daresay that you will have experienced it and so know what I mean ; and (b) in the mind also, a feeling of lightness - light as from the sun, whereas the feeling physically is one of lightness from the point of view of weight.

While it is true that in all occult study the individual student receives precisely what he is evolutionarily able to receive, it is expedient that I should

THIS SPACE IS FOR YOUR OWN NOTES

counsel you to appreciate what you are being given at this stage of your development. So that this sublime Teaching may be allowed full play in your life, you are asked to hold yourself strictly in the spirit of our beloved Mentalphysics at all times. Be warned not to allow Mentalphysics to become merely an intellectual pastime or entertainment. Conduct yourself with propriety and decorum - guard thy tongue - when false feeling enters into thee banish it by a strong mental counteraction (but better to not let it enter).

(a) The Source of Inspiration.

I want you, my Beloved, to always remember that Mentalphysics is a science of DOING. As your Teacher I naturally wish to take you as fast as you can go, but you have noticed in life that we rarely retain much of what we read. We learn only by DOING, and that is the only way that we can learn. Whenever you feel that you know something, be assured that your knowledge is not complete. Completeness of knowledge is proved only in doing, and when doing becomes entirely unconscious on our part then we may say that we know ; though at that time there is no need for us to make any claim, for the fact of our doing is proof of the knowing. We are known by our works.

So that you are urged to LIVE WHAT YOU KNOW. When we do not the thing, the mind lets go the idea, and we lose the power. For example, at one time I was regarded in China as the leading economist of the country, and I suppose that I was. I was able to quote at will almost any fact regarding China's economic development - figures and facts were well stored in my mind, and I was daily using them. In later years, with changed environment and changed activity, I did not USE the facts that were stored in my mind, with the result that I am not now familiar with those facts as I used to be . . . the mind, because I did not use the facts, let them go. "That which Nature binds, Nature also dissolves."

Therefore, do not store your mind only. Let that which you are learning and have learned remain with you - BY DOING IT . . USING IT DAILY . . LIVING WHAT YOU KNOW.

We go on a step further with the present Commentary.

Having passed the Memory-developing Breath and the Revitalizing Breath, and having been introduced to the method by which we charge ourselves with The Light in every cell of our body . . . and having come to the Secret Place of the Most High, so that we may learn successfully to "MELT" and then later to "MIX", we shall now pass on to the means by which we go from the terrace into the first Outer Chamber of the Mystery of Mysteries in the Inspirational Breath. Let us now reverently penetrate its secret.

Let us quickly run through the physical side of the Breath. As a purely physical exercise, it stands supreme . . the body placed into perfect coordination as explained and learned in earlier Lessons ; then bringing up the arms, with the buttocks anchoring the body, raising the arms straight up and gently tensed above the head, the right thumb under the left thumb, the two forefingers touching, making the Triangle . . then the retention of the breath with the buttocks firm, . . then the exhalation in four small emissions of breath, . . then the gradual coming down process into complete relaxation into that sublime meditation :

"MY BODY . . I thank Thee, Lord, for My Body.
"MY BODY . . the transcendentally beautiful, the infinitely intricate, but the most gloriously accurate instrument in this Universe.

THIS SPACE IS FOR YOUR OWN NOTES

"MY BODY . .the Temple of the Living God, the Temple of the God that lives within me, that is alive within me, "And I pledge myself, I VOW, that from this moment henceforward nothing that I shall eat or drink, nothing that I shall do or say or think shall injure or abuse this Temple of the Living God, MY BODY."*

* In the meaning of "My Whole Body" in the sense of Your Own Spiritual Breath.

(b) The Eternal Light.

Had I taught you in this way at the start of your teaching, before you had come to the point where you could see The Light and "melt" it and "Mix" it, you would still have been in the darkness, for you would not have known the inner truth of YOUR WHOLE BODY. In your Inspirational Breath, you commence the "mixing" process. You have found The Light. You have started the Circulation of The Light. You have, if you are wise, found that when in the Silence you find The Light, all the powers of the body (and the Mind) arrange themselves in perfect order to do the work, for you have learned THAT THE LIGHT SHINES OF ITSELF. In our Inspirational Breath we come nearer to the knowledge of what I will call the "Mixing Process." That is, we have approached the Throne. The Memory-developing Breath and the Revitalizing Breath have brought us into some sort of quiesence and we stand before The Throne of God, feeling the first faint rays of the Golden Light . . . we stand enthralled, we are fired with the Light of our Imagination, and inspired to go on beyond this first step.

And the result is our Inspirational Breath. Even physically, he who has not a body straight and strong and supple cannot properly accomplish this Breath physically. But you have mastered the Breath. You have been raised to a higher vibratory force within yourself as a consequence, fascinated with what you have so far learned. You are inspired to undertake further work to unlock within your own being the hidden springs of Life Eternal. So we revel in our Inspirational Breath.

As we take in the Breath of Life in deep inhalations, we commence the upward movement, building into ourselves as we go our very highest thought.

In our early Lessons we were counseled to place into our Triangle (formed when we place our right thumb over our left thumb in the full position, with our arms upraised) "Success for Mentalphysics" . . . a simple exercise that trains the mind to hold the picture in visualization. We visualize what we want. As we visualize, so we create. The more truly unselfish and impersonal our desires the greater the benefit accruing to us - for, whether we know it or not, the Fourfold Law (to a knowledge of which we arrive when we reach our own Spiritual Breath) works in every department of life. So in putting "Success for Mentalphysics" into our Triangle, we declare that The Light may be made manifest in greater numbers of human beings like ourselves . . . in short, that MY WHOLE BODY may be filled with Light. In this way we are quickening the Light That Is In Every Living Thing, though we may not be conscious of it, and though the knowledge of it as yet might conceivably cause us to cringe from its mighty power. AND AS WE SEE THE LIGHT IT QUICKENS US.

THIS SPACE IS FOR YOUR OWN NOTES

"He that eateth my flesh and drinketh my blood abideth in me, and I in him ; so that he that eateth me shall have Life because of me, . . for as the Father (Primordial Principle) hath Life in Himself, even so gave He to the Son also to have Life (the Living Light) in Himself."

In our Inspirational Breath, we are inspired to right aspiration, and wise is he whose aspiration is focussed on the "melting" that leads to the "mixing".

(c) The Sacred Fire is Thyself.

This is our Second Step. We aspire to right thought, to right action to right speech (the right use of The Word that is made Flesh), to right being, and when the Aspirant decides upon True Aspiration, and in his Inspirational Breath realizes that he has met his spiritual guide, it becomes one of the most dramatic moments of his life. Practising this Breath, we find ourselves becoming responsive to high ideals, receptive to great and illuminating thoughts, eager for right guidance, willing to loyally work along through the shadows of the foothills to the sacred mountain of the Fire of the Creator.

The Fire is locked up within each one of us, as it is in Every Living Thing.

We find an example of this in a piece of flint. The Fire is not seen, nor does it appear until it has been stirred up by friction or motion . . . through pressure from without . . to awaken the Fire within. So the Fire in which is placed the sacred Majesty of the Creator, is not moved until it is stirred up by the proper Will - the thought and action - of the Most High. Whatever the Creator is, Thou Art! And it is in your Inspirational Breath that you must in right aspiration be moved to discover the power that will enable you to stir up the hidden Fire of the Universe, which is THYSELF.

We shall return to this idea in our next Commentary. This week think on the Fire of Life. Think of your sunrise. Think of the Sun behind the Sun. Think of your own Breath. Think of your own Love. Think of all Life from the point of view of the Fire of the Center.

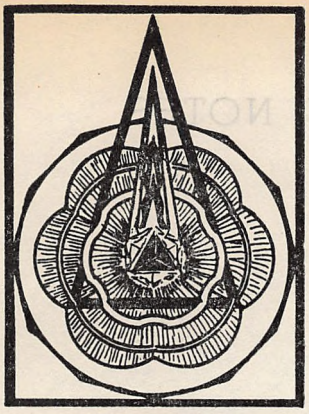
Be happy, and give thanks. My peace I send unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixteenth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



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The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **17**

"THE INSPIRATIONAL BREATH" (two)—(a) Breath—The Wind of Wisdom; (b) Breath—The Fire of Life; (c) Breath—The Vital Experiment; (d) The Fear of the Lord—That is Wisdom.

BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY :

1. Each morning breath The Inspirational Breath silently - that means, sit in the attitude of Meditation, and go through your Breath in your mind only. Imagine that you are breathing physically, and that you feel the full sensation as in the physical breath, but that instead of feeling the sensation of the rush of breath into the nostrils, you imagine that the breath is coming into every part of your body . . that you are breathing through your skin, through your bones, through every part of your body. GET THE SAME FEELING AS YOU DEVELOPED IN BREATHING THE MEMORY-DEVELOPING BREATH in The Third Commentary.

2. If you feel that you wish to breathe The Inspirational Breath physically, breathe it only for its physical effect.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

The whole doctrine of Mentalphysics - as indeed of all spiritual science - is nothing else but an instruction to show how you may create a Kingdom of Light within yourself. "He in whom this spring of divine power flows, carries within himself the divine image and the celestial substantiality. In him is Jesus born from The Virgin, and he will not die in eternity."

In Mentalphysics we seek WISDOM. Wisdom is not a knowledge referring to any external thing, but the understanding itself. It is comparable, as we have learned, to the Sun, that has his own Light, and is the Light itself, independent of any object upon which it may shine ; but man's science is like the Moon, whose light has been borrowed from the Sun. Last week you were asked to think in the study of The Sixteenth Commentary on the Fire of Life, and of your sunrise, and of the Sun behind the Sun, of your own Breath, of your own Love . . of all Life from the point of view of the Fire of the Center. In this Commentary we will proceed from that point.

THIS SPACE IS FOR YOUR OWN NOTES

"The Fire is locked up within each one of us," it was remarked in your last Commentary, "as it is in Every Living Thing."

(a) Breath - The Wind of Wisdom.

And when this Fire is found - what a perfect movement within!

"Fire," says the adept philosopher, "is the purest of all the Elements, and its Substance is the finest of all." The Spirit of You is YOU. You may rest quiescent, may pass from incarnation to incarnation, with only the Fire smouldering and the Flame scarcely a-flicker. But, if thou wilt, thou shalt in thy majesty of Creative Power, learn how to trace the Fire, to fan the Flame, to find the Light, and to order thy Being in perfect harmony with the DIVINE MAJESTY OF TRUE BEING . . constantly fanning the Living Flame so that the Living Fire may gradually bring out the Fire of THEE, the pure and worthy substance of THYSELF.

Thus in this wonderful revelation of the BREATH of Us, the WIND OF WISDOM, do we aspire in right learning and right action to enter the Mysteries.

My Beloved, you are reading what I have written - do you understand precisely what I mean, and can you read what I would say . . . only it cannot be said? Such things cannot be understood by the multitude, and I charge thee, as thoughts come to thee as a result of thy thought upon THE FIRE, to go further and further towards the sacred seat of the Temple of Thine Own Spirit, and there commune with The Creator Within Thee . . . and happy art thou if, fortunately, thou art able to perceive the Fire (thy Breath) carrying on the "Melting" and the "Mixing" within thee. Once understand the inner meaning of these Commentaries, and you will be released from the conflict of opinions and possess Self-Knowledge, but, as a matter of course, this is not to be accomplished by the mere reading, but by the Living Power. Let us together watch for the Living Power.

I am sure that the zealous student has found that the Breath - his own Breath - has led him to the Fire. At first in your practice, the Breath IS the Fire. But as I write I feel a peculiar impotency to shape sentences that perfectly convey the meaning of my mind. For the simple reason that these writings transcend the horizon of intellectual reasoning, and their interior meaning cannot be grasped by speculation and argumentation. It requires the mind to be in a God-quality state, illumined by the Spirit of Truth. I can only quote these words to show what is in my mind : "If any one desires to follow me in the science of the things whereof I write, let him follow rather the flights of my soul than those of my pen."

(b) Breath - The Fire of Life.

So let us practice. When you have come to this point, lie down . . rest . . be still . . watch your Breath. You notice, do you not, that at the start of the watching your breath is hard and heavy. Watch it, and it gets lighter, so that there is a full even flow of breath coming in and going out of the body, and this brings a sensation of physical repose.

Watch more closely. Forget the Breath of the physical body, and feel that you are breathing with your Mind . . . the physical hardness will disappear - the Breath will become sweet in the nostrils - it will seem to stop - and though you are breathing quite as fully (that is, the sensation of repose and restfulness is quite as strong) you will not seem to be breathing at all . . you will have come to the Inward Breathing.

THIS SPACE IS FOR YOUR OWN NOTES

Watch this Inward Breathing. Place your hands on your abdomen. You notice that there is scarcely any movement - you seem not to be breathing at all, yet there is not the slightest feeling that you are retaining the Breath in the body or keeping it out of the body. Watch more closely still, and feel bent to Meditation, and you will notice that you are actually not breathing at all . . . though the fact that you use some Mind Substance to notice this will probably cause the Breath to become physical again.

I wonder whether you will see what I mean. Try this, and it will be revealed to you. These things are hard to teach, hard to learn, hard to live. When this great internal revelation takes place, then is error destroyed and the internal senses are opened to the direct perception of Truth. There will then be no more need for you to draw conclusions in regard to such unknown things, because the Spirit of You will perceive that which belongs to its sphere in the same sense as a seeing person sees external things. The commencement exercise is the recognition that your Breath is the Wind of Wisdom, leading you on to the fact that your Breath is the Fire Itself, leading you on to the fact that, as the Light from the Fire is fanned, your Breath dissolves itself, and you find that the Fire is WITHIN YOU -- THAT YOU YOURSELF ARE THE FIRE, which has to be exalted by you in right living and right contact with Every Living Thing.

This is the beginning of the manifestation of God - the Creator - THAT WHICH IS - as the principle of Fire and the principle of Light, indivisible, indissoluble, the same and yet not the same. The Fire is a principle, and also the Light which is born from the Fire, but which nevertheless is not a quality of the Fire, but has a Light of its own. "He who recognizes his Light, but remains in the Dark, he is the model of the world."

(c) Breath - The Vital Experiment.

Now, My Beloved, in Mentalphysics we have started the Vital Experiment. We seek the Pure Gold of the alchemist. "Surely, there is a vein for the silver," says Job, "and a place for the gold, where they may find it, Iron is taken out of the earth, and brass is molten out of the stone. As for the earth, out of it cometh bread, and under it is turned up as it were FIRE. And the stones of it are the place of sapphires ; and it hath dust of gold. There is a path which no fowl knoweth, and which the vulture's eye hath not seen ; the lion's whelps have not trodden it, nor the fierce lion passed by. He putteth forth his hand upon the rock. He overturneth the mountains by the roots. He cutteth out rivers among the rocks ; and the eye seeth every precious thing. He bindeth the flood from overflowing ; and THE THING THAT IS HID BRINGETH HE FORTH TO LIGHT.

"But where shall Wisdom be found? And where is the place of understanding? Seeing that it is hid from the eyes of all living, and kept close from the fowls of the air. God understandeth the way thereof. For he looketh to the ends of the earth, and seeth under the whole heaven ; to make a weight for the winds ; and He weigheth the waters by measure. When he made a decree from the rain, and way for the lightning and thunder, then did he see it and declare it ; He prepared it and searched it out.

"And unto man, He said : Behold, the fear of The Lord, that is Wisdom ; and to depart from evil is understanding."

Thus have we - and we Give Thanks - started on The Path that leads to Wisdom, and in our own Inspirational Breath, we go one step further towards the stirring-up of that Divine Fire of Wisdom before which all must bend the knee . . for the

THIS SPACE IS FOR YOUR OWN NOTES

Divine Fire within thee is Love, and God is Love. Let us learn, then to rest, seeking the Fire within our own hearts, treading, inspired, with firmer feet the Path of Right Aspiration in that glorious Action that leads to the haven of a more glorious Non-Action, whence Wisdom comes.

(d) Let Us Give Thanks.

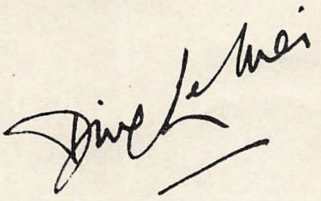
During my stay in Tibet I saw much more than I am able to talk about in relation to the Breath. It seems to me a great pity that our English word "Breath" does not more clearly portray the real meaning from the Oriental point of view. Breath is literally FIRE.

Many a time have I seen men sitting stark naked in the snow, melting with the Fire of their Life (through their physical bodies) the ice and snow around them. I have seen men sitting on the frozen ground, nude, while other men broke the ice, dipping heavy wool blankets into the water and wrapping them around the experimenters, who would dry them with the developed heat (Fire) of their bodies. They had "exalted the Fire", and this was the very practical manner in which they proved that they were doing what they claimed to be doing - living what they were learning.

Thus the initial steps of the "Melting" process ; but we have found a better way.

Be happy this week. Send to the Institute all your Love and help on Mentalphysics as much as you can. Regard it as a joyful duty to help in any way that you can, and the reward will come fourfold back to you. My peace I send unto you.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope,



Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventeenth Commentary,
Inner Chamber.

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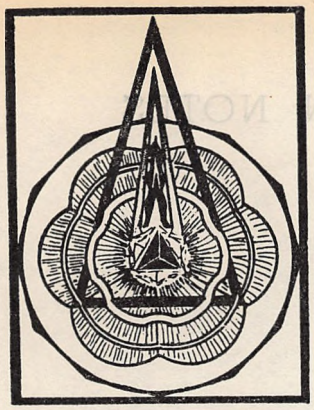

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COMMENTARY

18

"THE INSPIRATIONAL BREATH" (three)—True Regeneration—Introduction to New Technique; Consciousness is Matter Played upon by Force; Basis of Evolution of Consciousness.

BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY:

1. Breath the Memory-Developing, the Revitalizing and the Inspirational Breaths (physically) twice each, every morning, and once each as soon after sundown as possible.

2. As you go through your Breathings, hold the picture before your eyes of your sunrise (you have your own ideas and recollection of your sunrise - think of the different coloring, the gorgeous shafts of light of pure gold, and so on.) If you have <u>not</u> a picture of the sunrise deeply implanted in your Mind, then get up one or two mornings, and watch the sunrise in silence, with the definite idea that you are thus etching it into your Memory, that you can bring it back at any moment anywhere - that you can see the Light, that you can feel the Heat, and that you can imagine all that glorious activity within the Sun, and can even sense the Force behind the Sun (the "Sun Behind the Sun.")

3. In your Breathings hold the conviction that you will not allow a single negative thought to enter your mind during the whole of the week, but that your consciousness shall be flooded with the Light as you know it in your sunrise. <u>Be very definite about this throughout the week.</u>

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I often wish that it were possible for my whole student-body in The Inner Chamber to attend our meetings in the sealed Chamber which meets at eight o'clock (Pacific Standard Time) on Thursday evenings. In the nature of the case, mouth-to-ear teaching is more effective in advanced technical work, though the Commentaries are all-satisfying to the zealous student from the point of view of his own spiritual work. <u>My suggestion is that you endeavor to make Thursday night YOUR night.</u> I suggest that you allow nothing to interfere with it, and that you make Thursday night the time that you truly <u>belong to yourself.</u> Thus shall I

THIS SPACE IS FOR YOUR OWN NOTES

be able to feel you near to us at The Institute, and you will know that the vibration of love and wisdom goes directly to you. Remember, then, Thursday is your own night. Whether you are here in Los Angeles, or at the other end of the world does not matter - we have conquered space.

(a) True Regeneration.

Turn back to your Sixth Commentary. You had disclosed to you there (pp.3-4) the true Regeneration Exercise. I hope that you have practised it, and that you have felt the good that comes from it on all planes of your being. Of all that has been taught to you, this is the most important exercise, but its effect can only be known through practice, and it is something that cannot profitably be talked about.

In the present Commentary I desire to lead you one step further. The exercise I shall disclose to you here you will not practice this week, but you will think about it, and see whether you can make clear to yourself what its effect will be.

The Exercise is this :

1. Lie on the floor, flat on your stomach. See that the body is straight.

2. Place your negative hand on the floor, then place your positive hand upon it, then lay your forehead upon the right hand - the middle of your forehead, so that your nose is free for breathing. (The head must be straight, not turned sideways.)

3. Coming down through your body, you see that all is straight. Then you place your negative leg over the positive, so that your positive toes touch the floor, and the negative leg is above the floor, but resting on the positive. THIS, THEN, IS THE POSTURE. (During the week, you may practice this, just to get used to the posture.)

4. Then we commence the Breath as follows : (a) Take a deep breath ; (b) Retain the Breath, then tighten the buttocks, and press the middle part of the body, the pelvic region, down to the floor . . as you do so, you will feel that the legs tighten, the buttocks tighten, and the whole body is evenly and gently tensed. (c) Holding the breath as long as you conveniently can, you then exhale gradually and as you exhale you feel the body relaxing entirely, but the exhalation is so gradual that you are conscious of the Force sweeping the whole body, particularly in the Solar Zone. (d) Then breathe freely. You will do this three times only, and, after the third breath, lie still, in a meditative mood, for a few minutes, imagining that the whole body is being swept through and through and through -- that it is all MELTED, that the whole body is one mass of tiny lights, and that so perfect are each of the countless lights that they are all merged into one and become One Great Light.

You should bring into mental play every idea that you have that gives you the central idea of Light, Light, Light! Imagine your sunrise. Imagine - imagine - imagine Light, and nothing but Light in your whole body, but there must be relaxation on mind rather than tension of mind.

Therefore, this week merely get into the posture, and in your next Commentary you will be instructed further into the technique. This Breath is not as easy to master as it may at first blush seem, but it is very wonderful in its effect. It is an effective step in True Regeneration.

THIS SPACE IS FOR YOUR OWN NOTES

(b) Be Not Thou The Warrior!

There are many people, of all shades of thought, who imagine that they could attain the apex of perfection if they could only get rid of their physical body. In the battle between the terrestrial and celestial nature, the latter obviously must be allowed conquest, although the former is ever the aggressor. The idea is expressed in the Bhagavad Gita, where man is advised to seek to realize that he is one with Krishna, and having realized it he will no longer be a partaker, but merely a spectator, in the battle, which after all does not concern the Divinity in him - his real Self. But not until we become conscious of what kind of a battle is raging can we rest in the warrior. "Stand aside in the coming battle, and though thou fightest, be not thou the warrior. Look for the warrior, and let him fight in thee."

"Verily, verily, I say unto thee : except a man be born again, he cannot see the Kingdom of God." - John iii, 3.

"Art thou a master of Israel, and knowest not of these things?" - John iii, 10.

"Whoever will come after Me, let him deny himself, and take up his cross daily, and follow Me."- Luke ix, 23.

No man can attain spiritual self-knowledge without being spiritual, because it is not the intellectual man that knows THE SPIRIT, but the Divine SPIRIT THAT ATTAINS SELF-KNOWLEDGE IN MAN. By what means can man effect the process of his spiritual regeneration? Only by succeeding in placing himself in perfect accord with the Order of the Universe and the Light of Love. By concentration in meditation upon a given subject, as we have already learned, and by the effort of regular breathing, the inhalation and exhalation being balanced, the mind may be held so that it is not subject to other thought than that pertaining to the object or symbol of expression about which man desires knowledge. We know that as we pursue this practice we enter into harmonious relationship with the Divinity within, and from that source can gain knowledge which is the result of the soul's own experience while passing through the higher and lower states of matter. When you concentrate upon the highest you evoke from within yourself that Solar Force and Power which, if directed upward, will awaken and revitalize those ganglia or organs of perception hitherto withheld from your use. Man is generally shut out from the knowledge of his true being and estate, until he seeks At-one-ment with his own Life Principle and its evolution and manifestation in him.

All these words are easy to put together. It is all easy enough to describe. The question is "How to achieve?" And that is what we are slowly but surely learning in Mentalphysics. Never fear, if you are practising you will already know, and you cannot know without practising.

(c) What Is Consciousness?

The most difficult thing for the average student is to forget, get away from, release entirely the Personality - and yet retain the Personality. Once we realize that Oneness which is so much talked about, there is nothing more that we can possibly learn --- for we KNOW THAT WE ARE THAT.

All consciousness is Matter played upon by Force. You can see that clearly, can you not? The higher the level of consciousness the more subtle the matter and the more refined the vibration. We know this to be so on the physical plane. But as on the physical plane, so on the superphysical planes, when two centres

THIS SPACE IS FOR YOUR OWN NOTES

each vibrating at a different rate meet, a balance is struck and a mean vibration results. The true philosopher or initiate is seen therefore, to be a highly dynamic centre of Divine Consciousness. All less evolved entities and souls contacting this centre have their own level of consciousness raised in consequence -- BUT THE PHILOSOPHER, THOUGH CONSTANTLY GIVING OUT, GROWS STILL HIGHER IN CONSCIOUSNESS, for the Law is that we have only what we give - the more we give the more we gain. WE LOSE OUR LIVES TO FIND.

> The Law is that realization of Immortality (permanence of consciousness) is in direct proportion to the rate of vibration and in inverse proportion to the density of the medium.

We know that the Solar Force, or Life-Giving Principle, interpenetrates all matter. Playing upon it causes different rates of vibration in its different densities. The more subtle the matter the less resistance to this Force, and the higher the vibration and resultant consciousness. Therefore, remember this simple fact, and think long upon it :

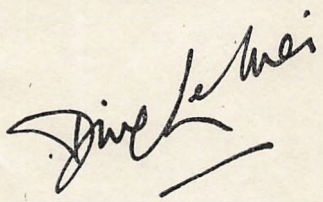
> THE EVOLUTION OF CONSCIOUSNESS IS CAUSED BY THE PLAY OF THE LIFE-GIVING FORCE (or UNIVERSAL MIND) IN MATTER.

There is much in this Commentary to make you think. What I write in these Commentaries is of little value if you do not THINK and FEEL and GET TO KNOW the essential truth that they contain. What is hidden is as of much value to you (that is, what comes voluntarily to you, according to the level of your own consciousness) as what is actually written. What is written is merely the seed - what comes to you through the Universal Spirit, in the direct relation that you are capable of receiving, is the harvest.

Be happy this week. How glorious is LIFE!

My peace I send to you.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written Faith at
Los Angeles, California, U.S.A.

End of The Eighteenth Commentary,
Inner Chamber.

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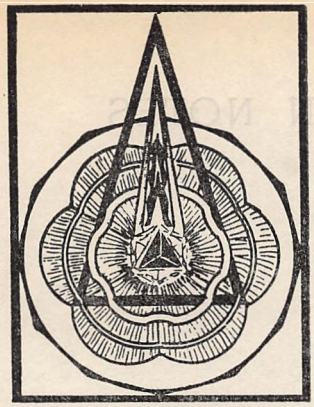

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COMMENTARY **19**

"THE INSPIRATIONAL BREATH" (four)—True Regeneration—Five Movements of New Breath; Substance is Reproductive; Right Training Essential in True Regenerative Principles.

THIS WEEK YOU ARE TO BE INTRODUCED TO AN ENTIRELY NEW BREATH, which was described in your Eighteenth Commentary. These advanced Breaths are rather difficult to teach by the written word, and the more involved the Breath, the more difficult to disclose without actual demonstration. Therefore, you must be careful to follow instructions to the letter.

BREATHING INSTRUCTIONS FOR THE WEEK:

1. In the mornings breathe the Memory-Developing, the Revitalizing and the Inspirational Breaths twice each (physically) as soon after rising as possible ; also breathe all these Breaths twice each as soon after sundown as possible. Practice the Healing Breath some time during the day, but not immediately before noon.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Turn back to your Eighteenth Commentary - to page two. I hope that you have practised the posture of this new Breath, as you were instructed. If so, you will be able to place the body in the right position. You should not do this Breath on your bed, but preferably on the floor, lying on a thick carpet, or you may throw a rug or a quilt on the floor and lie on that.

1. It is important to see that the whole body is straight - that is, that the spine is straight - the negative hand on the floor, the positive above it, and your forehead resting on the positive hand. Then watch very carefully that your spine is straight, and if there be any fat on the abdomen see that the fat is not twisted more to one side than the other . . in other words, you must lie quite flat and evenly on your stomach.

THEN WATCH THAT THE LEGS ARE COMFORTABLE -- THE NEGATIVE LEG OVER THE POSITIVE. Also that the BUTTOCKS ARE BALANCED, not one tighter than the other, as would be the case if you were not lying quite flat. It is important that these little apparent insignificant details are watched carefully.

THIS SPACE IS FOR YOUR OWN NOTES

2. I will not waste time and space in this Commentary by referring further to the posture ; you should read carefully and experiment with the instructions cited on page two of your last Commentary.

First Movement of the Breath. - When you are quite sure of the right posture, exhale (empty the body of air). Then, gently, slowly and evenly breathe in . . not too large a breath, but sufficient to enable you to gain control. Let it be an unbroken breath - not sniffing, but evenly drawn in.

Second Movement of the Breath. - Now press the middle part of your body down to the floor, gently and evenly, and retain that position. You will find that the buttocks will tighten, and downwards into the legs, down to the toes, there will come a tensing feeling, and you will feel the Force of Life within you going down to the feet and toes. At the same time, the spine will gently tense, and you will find that upwards, from the gently tightened abdomen, up, up, up to the top of the head you will feel the Force of Life . . . . and finally you will feel the Force of Life all through your body, but with an even upward-rising feeling towards the head.

Third Movement of the Breath. - Retain the Breath; hold the position, BUT WITH NO STRAIN, for a few seconds, (you must not strain, and probably will find that ten seconds or twenty is sufficient time for retention).

Fourth Movement of the Breath. - Gradually exhale. Feel the loosening of every part of the body at the same time. There will not be a downward-sweeping feeling as in other Breaths, from the top of the head down to the feet, but in this Breath you imagine that ALL THE BODY is being relaxed at the same time . . . that there is an even outward-flowing sensation from all parts of the body simultaneously . . just as if the whole body is melting away - and you will find this to be a very delightful feeling.

In relaxing you must see that there is no pressure on the shoulders - the shoulders and the chest must be fully relaxed. Similarly, in the tensing, you must not tense the shoulders, but the weight of the body will be taken by the middle part, and you will find that you are resting on the diaphragm.

DO THIS BREATH THREE TIMES
DO NOT HURRY.
BE SURE OF THE POSTURE, AND AT THE END OF THE BREATHE BE SURE OF THE FEELING. (Read the end of Par. Four on Page Two of your last Commentary)

Fifth Movement of the Breath. - Lying in the same position, but feeling that the body is heavy all over, take this Meditation :

"I AM FLOWING INTO THE LIGHT OF LIFE.
"I AM ESTABLISHED IN THE LIGHT.
"I AM LIGHT ** I AM LIFE ** I AM LOVE.
"I SEND MY LOVE TO EVERY LIVING THING."

(a) All Comes from the One Substance.

Now, my dear Noble of The Light, I could write a great deal about this Breath, but I question whether you would gain a great deal from what I may write. When I started to teach, I determined that I would not teach objectively. It is so easy to put words on paper, but this is not necessarily teaching - we teach by showing how, and we learn by doing. At the same time, in a Breath of such importance as

THIS SPACE IS FOR YOUR OWN NOTES

this, it is fair to you that I endeavor to tell you what you are doing when you undertake it.

In this Breath, we actually handle the FIRE.

As we look at Nature, we find that all that she seems to be engaged in is reproducing herself. Your very breath reproduces itself. Every living thing reproduces itself, but it reproduces itself from the One Substance, though the different manifestations of the substance are, of course, without number. A simple illustration of the One Substance may be seen in the alphabet. There are 26 letters in the alphabet, which form the one substance of every word that has ever been written. Every writer has to employ this one substance, and the more correct his use of the substance the more perfect his work.

So the more perfect our USE of the One Substance, the more perfect our work in the living of Life Itself.

We have so far done a great deal in developing our knowledge of the One Substance, and now we have begun to feel it, to melt it and bring it into such a state of liquidity that there is no congestion anywhere. It is so perfect in its nature in the body, mind and spirit of us that the Solar Force playing upon it is leading us to higher and higher levels of consciousness. Thus the "Melting" process.

(b) Substance is Reproductive.

The One Substance is, then, so to speak, reproductive -- ever reproducing itself through every living thing, just as every living thing is ever reproducing itself in and through the power within the One Substance.

The first effect likely to be seen in this Breath is the awakening of that Force which causes us to reproduce ourselves - there will probably be an awakening of what, on the physical plane of life, may be called the sexual power of man. Therefore, do not be ashamed if this Force is awakened within you. Be gratefully proud, knowing that this sacred Force, on the physical plane of life, is the essential physical Force of Life. At the start, there may come into the mind a recognition of this increased force. What we have to do is to watch it. Do not try to repress it . . . WATCH IT, and see what it is. See what you feel. "What is this great vibration within me? What is this very throb of Life Itself? How wonderful that I can feel within my own body and recognize in my own mind the fundamental power of God within me - that which is the herald of the very Stream of Life? I GIVE THANKS - I AM HAPPY!"

So many people, however, are so unscientific in their thought that they think that sexual force is a sign of something "bad" or "evil." Every normal human being in perfect health nonetheless knows that a great deal of his thought is occupied with sexual ideas (though perhaps of a nebulous nature), and we all know with what speed the body responds to sexual thinking. There is need for right training along these lines. In a word, may I say that that which we shall learn hereafter in these Commentaries will teach us not the elementals of generation, for we all are familiar with them, but will lead us on to TRUE REGENERATION.

But it is obvious that we must familiarize ourselves with the great Eternal Force of Generation, know what it is, know what its right use is, before we can begin to transmute - for we cannot transmute that which we know nothing about and cannot feel.

THIS SPACE IS FOR YOUR OWN NOTES

"Man is not dust - Man is not Dust, I say,
A lightning substance through his being runs ;
A Flame he knows not of illumines his clay,
The Cosmic Fires that feed the swarming suns,
As giant worlds sent spinning into space,
Hold in their Center still the Parent Flame ;
So Man within that undiscovered place -
HIS CENTER - STORES THE LIGHT FROM WHICH HE CAME."

(c) Need of Right Training.

We stand in need of true knowledge regarding Generation - then we lead ourselves into Regeneration. The world today is divided against itself - war, rapine, social brigandage, crime, lunacy, "incurable" disease, vice in high and low places, . . . and so much more that will come to your mind. WHY? Why, with the Universe so entirely perfect in its Principle, do we see these things around us? It is largely because there are so many human beings on this planet today whose seed was not rightly Sown, and to me it is not any wonder that we have these present world conditions, but I marvel that the human race keeps itself together. Did we not know THE TRUTH OF LIFE, we might be inclined to conclude that the Earth was an outcast planet, the prison and torture chamber of the Universe.

But we in Mentalphysics know that it is not. To some it may be Hell itself, but, to us who are learning THE LAW, it is regenerated into Heaven. He is in Hell who has not yet made up his mind to do what is best for himself and OBEY the Divine Law. Every wrong automatically begins its own punishment, and as we review human history - with all its darkness - we should pledge ourselves, we should vow, that all that we KNOW of The Truth shall henceforward be LIVED by us . . . . and the most important part of life, surely, is that which deals with the FLAME on the plane of life that we are most familiar with - the Earth plane of our life.

We shall return to this question of what is called Sex in later Commentaries. For today I leave you. I wish that you could see what we are doing here at The Institute. We are growing. Our work is being greatly blessed. We KNOW that joy and gladness of spirit has been brought to thousands, and that other thousands are learning now the elementals of the Sacred Art. YOU, too, must do all that you can for The Great Work. I ask for your support in every way that you feel within your own heart you should give. The work that we are engaged in requires material substance - it requires support through your highest spiritual meditation . . . "so much to do, so little done."

Therefore, live close to The Great Work, and let us all know that the Holy Bond of Life runs indissolubly through us all.

My Peace I give unto you. Be happy this week. And be grateful.

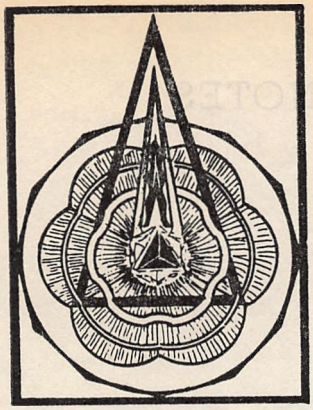
Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope,

Written in Faith at
Los Angeles, California, U.S.A.

End of The Nineteenth Commentary,
Inner Chamber.

PERSONAL QUESTION TO YOU:- Are you a member of The Church - our Church? If you are not, will you please notify me, and ask for information regarding Membership - this is important.-- Ding Le Mei.

THIS SPACE IS FOR YOUR OWN NOTES



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COMMENTARY **20**

"THE INSPIRATIONAL BREATH" (five)—True Regeneration—The Power of the Sunrise of Your Mind; The Power of Your Breath and the Effect of Its Power in Life-Expression.

BREATHING EXERCISES FOR THE WEEK:

Same as in The Nineteenth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This week you will continue with the Breath that was disclosed to you in your Nineteenth Commentary, for there is very much more in this advanced Breath than will be understood during the first days of practice. Lying on your stomach in the posture indicated, you should take time to get to know HOW to tense your body and HOW to relax your body. In this Breath the tensing will be gradual. In the relaxing it will be almost instantaneous, so that every part of every part of your body will immediately be relaxed, and the great flow of Force felt everywhere - in an almost overwhelming flow outwards from the body . . . just as if every cell of your body is the centre itself, and from the centre the flow goes outward to the circumference. Properly undertaken, this Breath is truly wonderful as a physical rejuvenator.

Therefore, take great care that the body is straight ; take care that you commence with your buttocks the tensing process ; take great care that in the relaxing every part of your body relaxes and that you feel heavy all over.

(a) The Meditation in This Breath.

"I AM FLOWING INTO THE LIGHT OF LIFE." This is the first part of the Meditation in this exercise. Let us analyze it a little.

You will doubtless notice that, in the tensing part of the Breath, you feel a great rush of Force upward into the head, which is balanced by the great flow of Force downward to the feet, with the buttocks locked and so balancing the Force. When you relax there comes a sensation of "burstingness" from every cell outward. Then, lying still, very still, and resting the whole body, you take the meditation -

THIS SPACE IS FOR YOUR OWN NOTES

"I am flowing into the Light of Life." To feel that you are flowing into the Light, you must naturally have your picture of Light - that comes to you through your memory of your Sunrise.

You see the sunrise in your mind . . . you see the coloring - the light greens, the mauves, the purples, the touches of silver and the wonderful greys, and finally you see the piercing shafts of pure, pure GOLD . . . all finally commingled into one majestic blaze of morning glory in a light so strong that you cannot face it. This is the picture. So, in your Meditation, bring the picture before your mind, watching, watching. Soon the light will be so strong that it dazzles you, and it is at this moment that you should then FEEL THE LIGHT COMING THROUGH EVERY CELL, THROUGH EVERY PORE, imagining that you are bathed in a great sunrise of Light - the Light of LIFE.

A little practice will make this exercise very beautiful, and you will find that resting in the Light brings you absolute repose of body and mind, so that the Creative Intelligence has greater opportunity to perfectly express itself to you.

So I counsel you to practise this Breath increasingly, but never more than three times at any one session.

(b) The Power of This Breath.

When once you are able to FEEL the Light in this Breath, nothing is impossible. What do I mean? I mean this : That, when you have retained your breath, and have succeeded so that you can instantaneously FEEL THE LIGHT rushing out through you, so to speak, you become so illumined that, being silent, any problem that you have can immediately be solved.

For example, suppose that you suffer from some form of Fear. Everyone does, for Fear is the only enemy of Mind. You can see that Fear hinders the free vibration of LIFE through the molecules of the body by paralyzing the Life Force that is in it. You can see that Fear makes you lose confidence in the power of your own spirit to hold you and to keep you in perfect harmony. You can see that to fear lessens your spirit's hold on your Supply - GOD. You can see that to fear is place yourself as a servant to all those things which are beneath you. You can see that accidents and illnesses are the result of fearful confused and careless thinking - which is Fear. So, suppose that you are conscious of some form of Fear.

As you come out of the Breath, and relax, have in your mind the affirmation that that which you have acknowledged as Fear is being driven out of you by the power of The LIGHT. YOU CAN ACTUALLY SEE FEAR BEING DISPELLED, LEAVING YOU, BEING CHASED OUT OF YOU. FEEL IT! Then as you see it going from you, rest in the strong thought that Courage is being brought into you with your even rhythmic breathing. You KNOW it . . because you can FEEL it coming into you. You see nothing but Light. You ARE nothing but Light. You see COURAGE coming in, and know that it is in you to take the place of that ogre, Fear, which has gone from you for ever.

The same technique may be employed for anything that you wish to break in your life - see it going from you, and see its glorious opposite coming in to you.

The physical effect of this Breath is beyond peradventure wonderfully exhilarating. The mental effect is sure for you if you will practice. All bad habits disappear. All negative thoughts are crushed. All sombre feelings are replaced with Joy . . . THERE IS NOTHING BUT LIGHT, LIGHT, Light, for "I AM ESTABLISHED IN THE LIGHT," . . . more, "I AM LIGHT - I AM LIFE - I AM LOVE . . . . . I SEND MY LOVE TO EVERY LIVING THING.

THIS SPACE IS FOR YOUR OWN NOTES

"ABOVE THE CELESTIAL FIRE THERE IS AN INCORRUPTIBLE FLAME, EVER SPARKLING SOURCE OF LIFE, FOUNTAIN OF ALL BEINGS, AND PRINCIPLE OF ALL THINGS. THIS FLAME PRODUCES ALL, AND NOTHING PERISHES SAVE THAT WHICH IT CONSUMES. IT REVEALS ITSELF BY VIRTUE OF ITSELF. THIS FIRE CANNOT BE CONTAINED IN ANY PLACE ; IT IS WITHOUT FORM AND WITHOUT SUBSTANCE, IT GIRDLES THE HEAVENS AND FROM IT THERE PROCEEDS A TINY SPARK WHICH MAKES THE WHOLE FIRE OF THE SUN, MOON AND STARS. THIS IS WHAT I KNOW OF GOD. SEEK NOT TO KNOW MORE, FOR THIS PASSES THY COMPREHENSION HOWSOEVER WISE THOU MAYEST BE. NEVERTHELESS, KNOW THAT THE UNJUST AND WICKED MAN CANNOT HIDE HIMSELF FROM GOD, NOR CAN CRAFT NOR EXCUSE DISGUISE AUGHT FROM HIS PIERCING EYES. ALL IS FULL OF GOD - GOD IS EVERYWHERE."

(c) The Effect of the Power.

In this Breath we are leading ourselves into mysterious pathways, but we shall come out the victors. It is perhaps possible that the effect of the Breath so far has brought you some little discomfort, in the sense that your sexual power has been awakened. As I remarked in your Nineteenth Commentary, all that we have to do is to watch it. I hope that in your case you have awakened the Fire, and that you have been patient watching it. If so, you will know a good deal about the effect of this Breath by this time. And from what you have already learned,- so that you truthfully can say that you KNOW it, you are aware that this sexual force, rightly directed, is making for your true regeneration.

How grateful we should be, and I hope that we are, that these things have been brought to our attention, that we have been shown the way to practice so that they bear fruit in our lives. We should regard these advanced Breaths with reverence. There is no power greater, but we have to know that we must practice these Breaths only for spiritual unfoldment. If we give way to the sexual feeling that they bring up within us, we are adding to self-degradation that literally may mean spiritual suicide. Each moment of the day we should rest in this force . . . "Out of God's heart, our hearts unfold." This is the Secret of the Golden Flower.

And we should throughout the whole day stay in The Light. "When there is gradual success in producing The Light," says an ancient philosopher, "a man must not give up his ordinary occupation in doing it. The ancients said : When occupations come to us, we must accept them ; when things come to us, we must understand them from the ground up. If the occupations are regulated by correct thoughts, the Light is not scattered by outside things, but circulates according to its own Law. Even the still-invisible circulation of The Light gets started this way, how much more than is it the case with the true circulation of The Light which has already manifested itself clearly? When in ordinary life one has the ability always to react to things by reflexes only, without any admixture of a thought of others or of one's self, that is the circulation of The Light arising out of circumstances."

This means that when a man lives in contact with the world, and yet still in harmony with The Light "then the round is round and the angular has angles ; then he lives among men concealed, yet visible, different, and yet the same, and none can compass it ; then no one takes note of our secret life and being. The living manner of the circulation of The Light has just this meaning : To live in contact with the world and yet in harmony with The Light." In short, though among mortals we march triumphantly as immortals.

THIS SPACE IS FOR YOUR OWN NOTES

(d) The Pupil's Personal Duty.

In this advanced Breath, my beloved, we are leading ourselves to the very Elixir. The Elixir of LIFE! Heaven no longer withholds the Meaning, but reveals the ultimate Truth. Disciples, keep it a secret and hold to it strictly!

We are on our way to self-wisdom, in whose sunshine we see the illusions of life, but are not captivated by them. The tree of temptation is still growing in every human being, as is represented by the allegorical "Adam." The lower qualities in us still strive for outward manifestation, and can be overcome in no other way than by our rising above them into the higher ones . . and ever on and ever up!

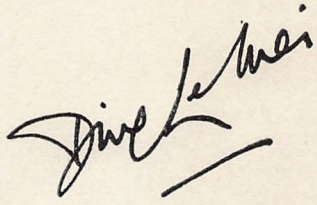
We can see, then, that true spiritual knowledge cannot be communicated from one intellect to another, but must be sought for in the Spirit of God, within thee.

I trust that you will zealously continue with this great Breath. Do not be lazy. Do not be in a hurry. Be happy and give thanks.

He who studies these writings, and cannot understand them, should not throw them aside, imagining that they cannot be understood. Sometimes I get a letter from a student telling me that these Commentaries are "too deep" that they cannot be understood. But the time will come when, through practice, you will understand them entirely. Read and re-read . . . feel that the Creative Intelligence is within you, making all things that you think upon known to you. But, above all, practice.

I send you my very Highest Thought ; pax profundis.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Twentieth Commentary,
Inner Chamber.

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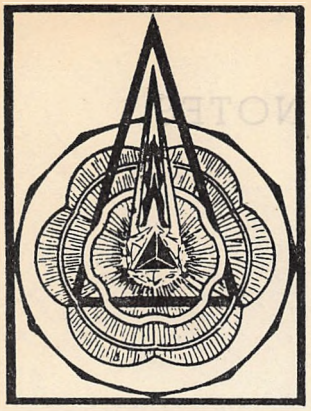

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COMMENTARY **21**

"THE SECOND RETROSPECT"—(a) Meditation on Interior Order and Exterior Order; Mystic Revelation that Body is "Feeling." The Mystery of Surrender; (b) Right Feeling is Cosmic Order.

Breathing Exercises for the Week:

1. You should take all your Breathings this week, from the Memory-developing Breath to Your Own Spiritual Breath. If you feel that you have mastered them, and have little need of physical breathing, then take them silently, going through one after the other, seeing whether you have made progress in the control of the FEELING which each Breath brings to you. At all events, do some physical breathing consistently this week.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This is to be a week of Retrospection. During the week, read through, once each day if possible, the whole of your Commentaries from The Fourteenth Commentary to The Twentieth Commentary. If that be too much for you, then read through all of them once during the week, and consider very carefully the following :

Fourteenth Commentary .... (b) The Way to Attain (p. 2) ; (c) The Cause of Differing Opinions.
Fifteenth Commentary ..... (a) A Simple Illustration ; (c) Esoteric Chemistry.
Sixteenth Commentary ..... (b) The Eternal Light.
Seventeenth Commentary ... Review carefully the whole of this Commentary.
Eighteenth Commentary .... Be sure that you have mastered the Posture of the Advanced Breath outlined on p. 2 ; (c) What Is Consciousness.
Nineteenth Commentary .... Review p. 2 ; (b) Substance is Reproductive (p. 3.).
Twentieth Commentary .... Meditation - "I AM FLOWING INTO THE LIGHT OF LIFE."

Since the last Retrospective in The Fourteenth Commentary you have had forty-nine days of study and practice given to you, and I hope that you can say that you have been faithful. One of the finest words in our language is "Loyalty".

THIS SPACE IS FOR YOUR OWN NOTES

As you read, analyze yourself and see whether you have been loyal to your Teacher, loyal to Mentalphysics, loyal to yourself, loyal to THAT Which You Are. I am well aware that human beings find excuses with infinite speed to assuage their conscience when they do not do what they feel within themselves they should do; WE MUST NOT BE LIKE THAT. WE must be strong. We have undertaken our Journey to the Heights, and there must be no looking back.

"The conditions of conquest are easy. We have but to toil awhile,
endure awhile, believe always - and NEVER TURN BACK."

Therefore, feel your Teacher coming to you with all the love that he know, counseling you to be faithful unto Life. Practice, practice, and again practice.

(a) Words of Encouragement.

If you have fallen down a little, do not be unhappy. Also do not feel that I am offering you mild chastisement. Do not be unhappy about it. Just think. You have had enough evidence now that when you carry out your Breathings, when you meditate with unfailing regularity, all is well . . . and you know that you have never been happier than when you have gone faithfully into meditation every night. If you have been emulating the prodigal, then just come home! Do not, of a sudden, declare "Ding Le Mei is right - I MUST turn over a new leaf. I MUST get back into my old beautiful routine . . . I Will . . I Will!"

Do not be disturbed. Just rest and KNOW that the Creative Love within you will do it through you. And you know that, as you meditate, you gain more and more power to do it, so that you will actually not be allowed to sleep before you have gone into Meditation, and be given all the inspiration to carry out your practice in every detail.

This week, meditate every night in Joy. Turn back now to The Fourth Commentary (p. 1, Meditation for the Week) --

"I am established in Order - Interior Order, Exterior Order.
The power of Mentalphysics is spreading throughout the world."

As you read these words again, do you KNOW -- KNOW beyond any possible chance of your ever forgetting it even for a single moment - that you are truly, immutably, everlastingly established in Order? Reason like this : "Do I know that Creative Life within me doeth the work of living my life . . . that I am Creative Life embodied . . Do I know that IT is breathing, seeing, hearing, speaking, touching, tasting, moving, and existing within me . . . . Do I know that THE CREATOR IS WITHIN ME EXPRESSING THROUGH ME."

WE MUST BE QUITE SURE THAT WE KNOW THIS, IN THE SENSE THAT EVERY MOMENT OF THE DAY WE ARE CONSCIOUS OF IT, and that the thought keeps us and upholds us.

In other words - BE HAPPY)
GIVE THANKS (for you KNOW THE TRUTH OF LIFE.
HAVE NO TONGUE)

(b) The Body is "Feeling."

When we truly remain in this high state of consciousness we come to know that, while we are conscious of our body, and we know it because we can touch it and know that it is made of material substance, yet the "I" is a collection of feelings . . thus the body itself, the mind itself, the you yourself are FEELING.

THIS SPACE IS FOR YOUR OWN NOTES

When I see a thing, I see it because I FEEL that I see it, and to the degree that I feel, I see. The same with hearing, and tasting, and smelling . . and everything. There is a correspondence between the seeing and the feeling which shows us the ORDER of Life. This may seem so simple as to be unimportant, but as you think about it, and use this simple illustration as an example of the whole of Life, you will be able to extend your own thought on the ORDER of Life. In Order there is Wisdom, so during this week, just have a good time looking out upon life and noting how there is a correspondence between everything that you know and your own FEELING. Between your own FEELING and the ORDER of Life. Between the Order of Life and WISDOM . . .

"When I see and hear and touch and taste and smell and speak and do anything at all, I FEEL ONLY WISDOM. I am established in Wisdom."

We will find with this simple practice that the body, the mind, the YOU is a variety of feeling, and this variety of feeling is what we call "my body", or "My mind". Thus we will lead ourselves into the illuminating discovery that INVOLUNTARY ACTION IS REST AND RENEWAL, while VOLUNTARY ACTION IS WORK AND DESTRUCTION. We come to see that Creative Intelligence, when through relaxation of ourselves into it, works of itself through us, just as the Light Shines of Itself.

This could be explained in a thousand ways, and I think that I could write what might be a learned treatise on it. But there is no need. What we want to do is to PRACTICE IT. We in Mentalphysics, more than any other body of seekers on earth, have the standard of our own Breath as the basic example, for as we become perfect breathers - going through physical breathing into mental breathing, from breath to breathlessness in meditation, we lead ourselves into the Infinity of Perfection . . . in short, into the ORDER of Life. "I AM ESTABLISHED IN ORDER, Interior Order, Exterior Order." Thus we change our earth into Heaven, and we may "come down from Heaven", not to mine own will, "but the Will of Him that sent me," (read John 6 - 38).

(c) Be Happy This Week.

My beloved, the more experience I gain the more gratitude I feel. What would have become of me had I not come to know the Truths that we are learning? I sometimes shudder to think of what might have overtaken me. But to-day, as I REALIZE more and more, I am inclined less and less to intellectual interpretation of the real things of life. WHY? Do I descry the Intellect? Not at all - indeed, what would I do without my Intellect. But I incline more and more to the simple life, the simple love, the simple energy, the simple knowing.

Think on these words as they flow hot from my fingers ---

Eternal Light of Life Within!	=	My Life in the Eternal Light.
Thy Spirit in My Soul.	=	My Soul in Thy Spirit.
Thy Breath in my Body.	=	My Body in Thy Breath.
Thy Life in my Blood.	=	My Blood in Thy Life.
Thy Love in my Heart.	=	My Love in Thy Heart.
Thy Knowledge in My Head.	=	My Knowledge in Thy Wisdom.
Thy Power in my Hands.	=	My Hands in Thy Power.
Thy Freedom in My Feet.	=	My Feet in Thy Way.

Then take a sheet of paper, and write down as many things as you can think of, showing to yourself how many things that you can say and think and feel are in the Creative Spirit, and how manifold is the expression of the Creative Spirit within and through you. It will do you good, and you will teach yourself much.

THIS SPACE IS FOR YOUR OWN NOTES

For example :

THE TRUTH OF MY BODY IS SPIRIT.
THE TRUTH OF MY BODY IS LIFE.
THE TRUTH OF MY BODY IS KNOWLEDGE.
THE TRUTH OF MY BODY IS POWER.
THE TRUTH OF MY BODY IS LIGHT.
THE TRUTH OF MY BODY IS HEALTH. - and Wealth - and Beauty - and Strength - and Wisdom - and Peace - and Love - and Grace - and Joy - and Poise - and Freedom - and Principle - and Light.

As you follow out this simple exercise this week, you will be astounded how the Wisdom of the Creative Spirit That Is in Every Living Thing will reveal to you ideas and impressions and sensations and feelings and thoughts that will transcend your present consciousness, and teach you how to transmute - how to ascend from Earth to Heaven, and how to come down out of heaven, how to swing from the positive in life to the negative, how to know what the effect of your Meditation is taking in your life.

Therefore, in this Retrospective lesson, be happy. Not a single thought of negation of whatsoever kind this week. Not an acknowledgement in your mind of anything at all other than That Which is Perfect - the "Father" in me.

"I surrender to Thee, O Beloved,
My pride and my humiliation ;
And Thou givest me Thy Love."

Take these lines and see how many "exchanges" you can make with The Beloved, and see what you can get for the surrender of all the negative shadows as you surrender them.

I know that this will be a week of Joy and Love and Light. Oh, KNOW that ALL is well, and that in all this Perfection YOU are established.

"I AM ESTABLISHED IN ORDER - INTERIOR ORDER,
EXTERIOR ORDER. THE POWER OF MENTALPHYSICS
IS SPREADING THROUGHOUT THE WORLD."

And in this week of Joy, try to spread the good news of Mentalphysics among your friends . . . and so Spread the Light, live what you are learning.

My Peace I send to you always.

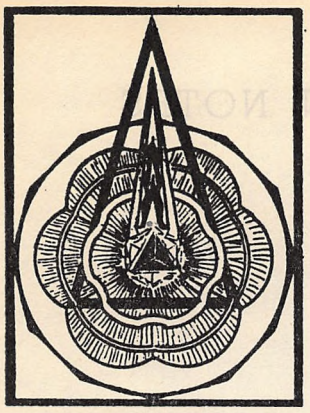
Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope,

Dive Lemai

Written in Faith at
Los Angeles, California, U.S.A.

End of The Twenty-First Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



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COMMENTARY
22

"THE ROYAL SECRET" (one)—Cosmic Order Revealed in the Seven Kingdoms in Relation to the Noble Eightfold Pathway Revelation of Cosmic Law in Microcosm and Macrocosm.

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY :

1. In the morning, as soon after rising as convenient, breathe Your Own Spiritual Breath, physically. As near to Noon as possible, look at the sun and for a moment think of its effect upon this Earth, upon your own life, upon the life of Every Living Thing: then mentally go through Your Own Spiritual Breath. As soon after sundown as possible, breathe Your Own Spiritual Breath silently.

MEDITATION FOR THE WEEK :

"I AM ESTABLISHED IN LIGHT, Light, Light.
I AM A CUSTODIAN OF THE WISDOM OF THE UNIVERSE."

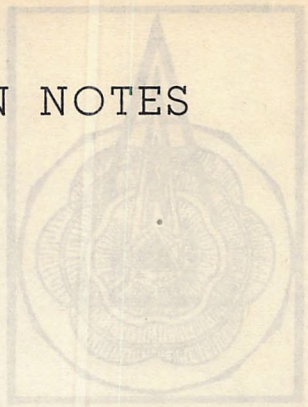
(Feel that throughout the week, you are bathed by the beauty of these thoughts. Give Thanks - Be Happy.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

With your Twenty-Second Commentary you are to lead yourself into a deeper understanding of Cosmic Order, which is the Royal Secret. Not to many is it given to find the secrets of Life. There are many books, there is much education, but Truth is so generally distorted that few find their abiding place. If you turn back to your Fifth Commentary you will find that on Page Two under (a) there is given, in their order of unfoldment, the Seven Kingdoms. Study this Commentary well, so that you will be able to use it as a key to what is to follow. We are learning the Sublime Secrets, the very magic of Life Itself. Therefore, I counsel you to be faithful in these Commentaries. Feel that you must set apart a certain time each day for their study. Be patient. Be humble. Be grateful. Be happy. We are to lead ourselves gradually to The Absolute, which is the Being, in which THE WORD is, the Word which is the utterance and expression of Being and Life. We are to enter the Sanctum Regnum, the Holy Empire.

THIS SPACE IS FOR YOUR OWN NOTES



Let us, then, review the Seven Kingdoms, which are the expression of The Absolute, from Which they come, in Which they rest, to Which they go. They are:

THE ABSOLUTE

In which all lives and moves and has its Being

expressed

THE MACROCOSM (The Universe)

First in	THE ETHEREAL KINGDOM	The Enveloper of Life
Second in	THE SIDEREAL KINGDOM	The First Light of Life
Third in	THE MINERAL KINGDOM	The Womb of Nature
Fourth in	THE VEGETABLE KINGDOM	The First Sacrifice
Fifth in	THE ANIMAL KINGDOM	The First Quest
Sixth in	THE HUMAN KINGDOM	The First Conqueror
Seventh in	THE CELESTIAL KINGDOM	The First Custodian

leading to

THE ABSOLUTE

to which there corresponds in the life of the Human Being

THE NOBLE EIGHTFOLD PATHWAY OF ENLIGHTENMENT --

THE MICROCOSM (The Human Being.)

First in	RIGHT UNDERSTANDING	Knowledge established ; no place for wrong substance ; the reflection of Wisdom.
Second in	RIGHT RESOLUTION	First movement ; influence of the planets in our lives ; no darkness - all light.
Third in	RIGHT SPEECH	Knowing that silence is golden Gold is the precious mineral.
Fourth in	RIGHT CONDUCT	Life of sacrifice for growth and progress of the human race - the whole greater than the part.
Fifth in	RIGHT LIVING	Right search ; right activity ; balance ; poise ; control ; right knowing.
Sixth in	RIGHT EFFORT	Right, vigorous action on all planes.
Seventh in	RIGHT MEDITATION	Contacting the Higher Ones ; super-consciousness; gaining from the negative principle to rightly expend through the positive.
Eighth in	RIGHT RAPTURE	The One, the Eternal, Everlasting Peace, Heaven, Nirvana, Highest Consciousness, God-Quality, Christ-Consciousness.

THIS SPACE IS FOR YOUR OWN NOTES

We all know that the Universe is sevenfold in nature . . . the Seven Kingdoms, the seven masters, the seven keys. When we understand the seven keys and learn how to use them, then the battle is won - there will then be no further need for all this chaotic living, no need for rebirth. We see so much chaos and disorder and discontent and disbalance in the human kingdom that it would seem that life on this plane is different from life on all other planes of life that we know. For as we look into Nature we see nothing but Order - the Law of Cause and Effect is evident everywhere, but in the lives of the greater number of human beings the evidence of Order is generally lacking.

From what you have learned you will, of course, know that this should not be, and you will know WHY it is so . . . simply, the result of man's ignorance of The Law.

I have no doubt that, though you may not be able to write a treatise on the sevenfold structure of the Universe, though you may not be able to define or explain, you feel that you know that the Universe is Order and the result of Order. You know in your inmost heart that God is Everywhere. (Read again the initial paragraph in The Fifth Commentary, the quotation from the pen of Comte de Gabalis). Though you will not be able to define, you feel that you KNOW that "All is full of God, God is everywhere," and that Order is the basis of All. As you look into the Universe without, you know this to be so. As you look into the Universe within, you feel that you know this to be so, though you may not yet have grown to full understanding of The Law as to be able to bring everything that makes your life into the rhythm of that Absolute Order of which your life is a part.

Therefore, I say that you can intellectually understand all this. You believe it. You hope for it. You feel that as you grow into The Law so will you increasingly REALIZE it.

Moreover, as you read the synopsis on the previous page, you feel that that is the pattern of the scheme of things, and that as you study it you are leading yourself into The Royal Secret of the Holy Empire of Life.

Just as there is Order without, there is Order within ; and just as Order without proceeds by its own means of order, so your life and mine proceeds - when we learn fully to "rest in The Lord" - by its own means of order. We come to see that whatever principle we can discover in the Macrocosm applies in precise manner to the Microcosm - it is the One Ultimate Law. So in the next few weeks we shall be engaged in discussing the Order of Life from the angle of the Seven Kingdoms, leading to the finality of The Absolute, and also, reviewing our own life, see how there is a Noble Pathway of Enlightenment, composed of definite steps, each of the succeeding steps corresponding with the Seven Kingdoms. For within you there is also the Ethereal Kingdom, the Sidereal Kingdom, the Mineral Kingdom, and so on.

This week I wish you to familiarize yourself with the correspondence between the various steps of progress that we see in the Universe and the steps in the Noble Eightfold Pathway of Enlightenment . . . in other words, think how the Ethereal Kingdom corresponds with the first step in the Pathway, Right Understanding. For convenience I include them as follows:

The Ethereal Kingdom	corresponding to	Right Understanding.
The Sidereal Kingdom	corresponding to	Right Resolution
The Mineral Kingdom	corresponding to	Right Speech
The Vegetable Kingdom	corresponding to	Right Conduct
The Animal Kingdom	corresponding to	Right Living
The Human Kingdom	corresponding to	Right Effort
The Celestial Kingdom	corresponding to	Right Meditation
The ABSOLUTE	corresponding to	RIGHT RAPTURE

THIS SPACE IS FOR YOUR OWN NOTES

During this week above all, Be Happy. Discipline yourself so that you shall be conscious every moment of being calm, and poised, and confident, and strong, and balanced in mind and action. This is not so easy, for most of us are still conscious of the old Adam. When you feel your mind a bit dull - a negative thought comes in, perhaps - STOP . . . feel in your mind "How silly of me! How follish for me to allow any shadow to cross the Light of my mind! I am the Light of the Universe." A little of this practice will enable you to remain constantly happy and joyous in mind and full of vigor of body.

All eyes do not see alike. The magic of Life is the magic of your Thought. Your brain, your consciousness, is a book printed within and without, and the two writings are with all men more or less confused. But, just as we started with our Memory-developing Breath, which showed us just what we have been, so now we are well on our way to a full understanding of what we are. There never was a time when you were not. You are today what you have always been. Already you have come to know that the Supreme Reason - the Mind of God - has not left the gleams of human understanding to vacillate at hazard. There is an incontestable verity, an infallible method of KNOWING this verity, and by the knowledge of it those who accept it as a rule of their life give to their will a sovereign power that will make them the masters of all inferior things and of all lower influences in both the seen and the unseen worlds. In short, we in Mentalphysics, in truth, in humility, in love, in life become the arbiters and the kings of the world. We come thus to be the custodians of the Royal Secret.

Peace be unto you this week. Raise your thought to its highest vibration. "Lord, I believe, help thou my unbelief." I feel that all that I read is true . . I do not know HOW it is all to be done . . but my faith is high, and on the wings of faith I will rise to the very highest point of power that I am evolutionarily endowed to rise. I am Happy - I give thanks.

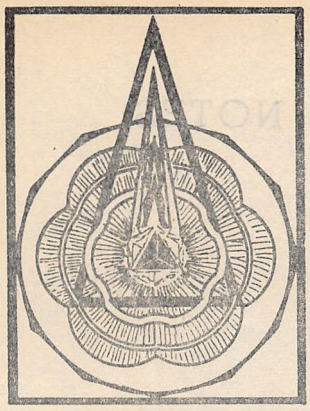
Sincerely Your Teacher, In Fraternal
Bonds of Joy and Hope.

Dive Le Mai

Written in Faith at
Los Angeles, California, U.S.A.

End of The Twenty-Second Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **23**

"THE ROYAL SECRET" (two)—The Ethereal Kingdom, the Enveloper of Life; Right Understanding—the Basic Principle of Right Action; Universal Inter-relation of Both Defined.

Breathing Exercises for the Week :

Same as in your Twenty-second Commentary. Be faithful.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This week we take another step forward on The Path of Knowledge. Right teaching is the very greatest of all values that we can attain to on this earth. Real knowledge alone is power. True Wisdom alone is peace. He who in true humility of spirit knows that he has found his right guide realizes that he has found the greatest of the treasures of the earth. As he grows in knowledge he realizes that there can only be increasing growth as there is balanced interchange of values . . he MUST give for what he receives, and THE LAW is that we must give before we receive. This is not my law, nor yours - it is THE Law, God's Immutable Law. Therefore, my Beloved, I counsel you to examine yourself to see whether you are doing your part - that which none but yourself can say is your part - in supporting that person, that agency, that channel of instruction through which you are gaining Knowledge, the highest value. It is true that in Mentalphysics you are called upon to pay the minimum lunar oblation of (in money) two dollars ; I counsel you to think of the values you have received, are receiving, hope to receive, and to determine whether you are doing that which you should do, in the light of Giving As You Expect To Receive, for the source from which Knowledge is flowing to you.

You should never be behind in your Lunar Oblation ; this should be the most sacred thing in your life, and you should give it as unto The Law. You should, whenever possible, and the DAILY practice is the highest form of giving, reverently make a contribution to Mentalphysics, and reinforce your gift with the

THIS SPACE IS FOR YOUR OWN NOTES

thought that you would give more if you could, so that the Light may be spread throughout the earth among all who are seeking. Just as you feel gratitude of heart and soul and mind for what you have learned and demonstrated through Mentalphysics, so you will know that there are thousands of toiling pilgrims still in the foothills of the Mountain of Man's Highest Hope, and that your privilege to give may emancipate them from their struggle, leading them to Peace. Only in this way can all of us who have gained Knowledge at the lap of our Mother Mentalphysics keep free and clear and strong the Stream from which we drink.

(a) The Enveloper of Life.

In this Commentary I am to instruct you into a knowledge of the Ethereal Kingdom, The Enveloper of Life. The final cause is the end for which anything exists. You exist because you are on your way, through infinite development, to Absolute Intelligence. The Absolute - God - is the Final Cause, and all things exist because of God.

Man ascends from things to ideas . . God descends from ideas to things. "The Giver of all knowledge, the great Teacher of the Universe, withholds knowledge till the time of maturity arrives."

> "There was neither day nor night, nor sky, nor earth, nor darkness, nor light, nor any living thing save only ONE, unapprehensible by intellect, or THAT which is Brahma and Purus (Spirit) and Pradhana (crude matter)."
> -- Oriental writings.

> "In the beginning was THE WORD, and the WORD was with God, and the Word was God. All things were made by him, and without him was not anything made that was made. In him was LIFE, and the LIFE Was the LIGHT of men."--
> -- First chapter of St.John, the Bible.

The Ethereal Kingdom (the Enveloper, the basic sphere) is generally known as the Astral, whose light is called by the Hindus Akasha, or ether. Ether is the highest kind of matter. It differs from all gross matter in not being subject to generation and corruption. Akasha (pronounced Ah-kah'shuh) is the subtle ether, the subtle sound-granules of space, without and within every atom - it is the essence within all matter, and from this - The Ethereal Kingdom - all existences come to have their being. The order of the Cosmos is embodied in The Ethereal Kingdom.

All existences, it is easy to see, are united in Cosmic order. We have seen that the Cosmos contains within itself seven kingdoms, which form this Cosmic order, commencing with The Ethereal Kingdom, and following with

THE SIDEREAL THE MINERAL THE VEGETABLE THE ANIMAL	) Constituting the Sub-human Kingdoms, the lower parts of the general scheme of finite things. These constitute what we generally know as Nature, which is subject to generation and corruption, all seeming to come out of The Ethereal Kingdom, which is not subject to change.

These four sub-human Kingdoms are contained in, or come from The Ethereal Kingdom. So, in a very real sense, does the next highest Kingdom - The Human Kingdom - though man, "made in THE IMAGE", has dominion over it in the sense that we have the power within our divinity to control the substance of The Ethereal Kingdom (the Akasha), so that we may become immortal ; and, though dependent upon it, having increasing control over it and correspondingly less dependent upon it to the

THIS SPACE IS FOR YOUR OWN NOTES

degree that we attain to God-quality.

The form or nature of The Ethereal Kingdom, then, is unchanging eternal potentiality, whereas all the forms of the corporeal universe are subject to change. Just as every living thing has spiritual existence in the Intelligences at the height of all created being, so every living thing has its material existence in the Ethereal Kingdom (the Akasha) upon which the whole Macrocosm rests. It has been well put in this manner : "Out of the womb of the astral light the entire corporeal universe has sprung. It is the changeless source of all that changes, the enduring record of all that is transient . . . By the replacing, in a certain portion of it, of the astral forms by the forms of pre-elemental matter, and ultimately by elemental formas, the celestial bodies primarily arose."

You can see that just as Akasha (the substance of The Ethereal Kingdom) lies below and around Nature, so the Celestial Kingdom, consisting of PURE INTELLIGENCE, lies above within and around it.

One could write a profound treatise on The Ethereal Kingdom, but what I want you to see is that it is the "eternal bowl" from which all forms of life proceed, and without which there would be neither matter nor life in any form of expression. It is the Infinite, and from it flows everything that makes Nature what she is, from which rise all the separate and successive existences of all things - from the amoebae to Man, from the atom to the Sun, all flowing from the same Source into the Celestial Intelligences and existing in each one of them simultaneously and for ever. Thus the Ethereal is Divine Thought in its lowest vibration ; the Celestial reflects the highest that we can know.

(b) Right Understanding.

When we turn to Man and realize that he is truly, whether he recognizes it or not, "made IN THE IMAGE", we see that the principles of the Macrocosm are identical in his life and development. Man is established in Divine Thought, the essence of God - in Love, in Wisdom and all that exists, from the lowest in Nature to himself, and is embosomed in all that exists in kingdoms higher than himself . . for he is on the way to the Celestial Kingdom. The potentiality of All That There Is is within him, awaiting unfoldment.

With a little imagination, you can see that all knowledge is potentially within you. Right Understanding is the first essential. In the "bowl of life", which is actually what a man is, there is naught but Light, in which understanding is already born and exists in full potentiality. But Man has been so misled and, through wrong thinking and wrong acceptations of the facts of life, has so misled himself that there is much division of opinion on everything in life about which a man can think. The simplest truth of life appears to be profound and hidden to the man who knows it not. To the man who has brought himself within the Knowledge of it, it is obvious and simple. Man learns slowly, however, and through wrong practices and wrong habits of thinking and doing he has deluded himself into thinking that that which is not, but only appears to be, is the real - whereas, let him discipline himself into the REALITY, the delusion disappears and right understanding becomes unfolded to him. He KNOWS then that he has been believing a lie to be the truth, the appearance to be the reality.

So our first step in the Path of Enlightenment is Right Understanding. Without it, we cannot hope to keep on The Path. Without it, we shall be led here, and led there, only to awaken after we have gone through the necessary experience, to see that we have been trying to make our way to the sunlight by going deeper and deeper into an impenetrable tunnel of darkness. A man may not know that he is on the wrong track.

THIS SPACE IS FOR YOUR OWN NOTES

It is easy to imagine a man falling into a river, greatly excited, and striking out to save his life ; he swims against the stream, though believing that he is swimming with the stream ; he struggles and makes all effort possible to save himsolf, but becomes so depleted in strength that he fears he is unable to save himself ; suddenly he stops swimming. (he "discovers the warrior within") he rests (he lets the "warrior" fight his battles"), he then finds that in resting, he goes with the stream . . . which is always so much easier than swimming against it. So he has Right Understanding and saves his life.

Is not that the way with so many people? Always struggling, arguing, believing, experimenting, hoping . . . yet not able to realize the Truth of Life. Always feeling the urge within, but through wrong habits of thinking, of arguing, of doubting, not being prepared to truly learn and consistently practice LIVING, they come finally to feel that IT does not even exist. I am quite sure that that was your own experience in some measure. NOW, however, we have found The Way. We KNOW that we are established in RIGHT UNDERSTANDING . . . . and WE GIVE THANKS.

In Right Understanding we come to see that there within us, Knowledge and Wisdom are established . . . we have not to fight for it . . it is ours as we merely SEEK IT. How wonderful to think that I, unworthy as I am of the great blessings of the Eternal, have not necessarily to read many books, to go to universities, to struggle and struggle to find it . . . IT IS WITHIN ME, Established, and all that I have to do is to seek the right understanding of IT.

Right Understanding is the principle of your life. It acts just as the principle of Love acts. All that we can say about it is that IT IS. Have you ever been in love? Do you know what brought Love - did you create it? When you gaze upon your Beloved, can you explain and define what LOVE is - that majestic, all-sweeping Force whose great pulse has been awakened within you? Can you put it under the mental microscope and catalogue it ? Or do you feel so infinitely unworthy that, no matter what you have, no matter what you know, ALL THAT YOU ARE AND HAVE is but an infinitesimal offering to the Great Throne of Love whose Light of gold has shone upon you? There is no gratitude great enough for Love to bring, for LOVE is ever clad in true humility.

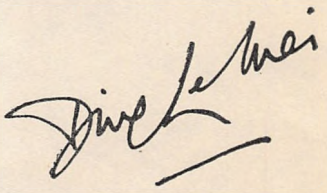
Similarly, in the great womb of the Eternal we have in the Macrocosm first The Ethereal Kingdom ; and in the Microcosm, we have first Right Understanding.

We are wise if we will think on these things. And as we think, let us be happy and Give Thanks.

May the Light of the World enlighten your mind as you contemplate the unutterable glory of the Lord of the Eternal in your own life as the center of the Universe which you create for yourself.

My peace I send to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Twenty-Third Commentary,
Inner Chamber.

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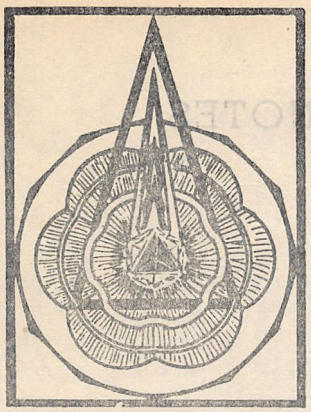

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COMMENTARY
24

"THE ROYAL SECRET" (three)—The Sidereal Kingdom; the First Light; Life's First Light, Symbol of God's Eternal Fiat; Right Resolution—True Reflection of God's Mind.

BREATHING EXERCISES FOR THE WEEK :

1. Breathe physically the Revitalizing Breath - in the morning, at noon if possible, and as soon after sundown as possible.

2. Breathe meditationally Your Own Spiritual Breath after your Revitalizing Breath as soon after sundown as possible.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In this Commentary we are to deal with The Sidereal Kingdom, The First Light. We have seen in previous Commentaries that the word Cosmos itself means Order. The Cosmos is the sum total of all things that exist, as distinguished from that which has Absolute Being. In the Cosmos all things that exist are primarily united in the Seven Kingdoms. The force and substance that flow from the Infinite into Nature give rise to all the separate and successive existences of things, from the Ethereal Kingdom to the Celestial Kingdom. And as all things are subject to higher or spiritual things, so all existences are subject to the Celestial or Spiritual Kingdom.

You and I, - Man - is the connecting link between the lower kingdoms and the higher. You are the connecting link between the corporeal and the spiritual universe. Being composed of body and soul, Man is on the one side of his nature a corporeal thing, and of course as such is influenced by everything that he knows. Whatever affects the human body tends naturally to affect the soul. From your last Commentary you will have seen that all in the Ethereal Kingdom is stillness - no place for any wrong substance - corresponding to Right Understanding for the Ethereal Kingdom, with its absolute purity of all substance and its order and balance corresponds to Right Understanding in the minds of you and me.

THIS SPACE IS FOR YOUR OWN NOTES

(a) "Let There Be Light."

The SIDEREAL KINGDOM is the Kingdom of Light, the First Light (motion that produces light), that comes out of The Enveloper, The Ethereal. The disbalance and discontent and disorder that we see in the world today is not due to Cosmic disorder ; it is because Man does not fully understand, simply because he has not yet fully grown in "The Image." Life, to the average human being, seems to be all wrong, there does not seem to be any light anywhere nor no way out, just as in the first Kingdom of the Universe there does not seem to be any light until we reach the Sidereal Kingdom. The solar system may be said to be a part of the Sidereal Kingdom, and it is the light of the sun that gives us our life. Having in your mind your idea of the Sidereal Kingdom, you can see that, on the Noble Eightfold Pathway of Enlightenment, it corresponds to Right Resolution, the Second Step. In the Sidereal Kingdom we find the perfect measure - the perfect light - the perfect movement. And it is wise that we rightly resolve in the LIGHT, rather than in the darkness. The most perfect resolution may avail us nothing in the dark. We may resolve to write the finest book that has ever been written, but we have to have the Light in which to write it. If we are in a dark cellar and feel surging within us the most brilliant ideas which will form the basis of our book, we may have the place filled with pens and paper upon which to bring our ideas forward, but without light we are impotent.

From our study of the Ethereal Kingdom we can see that we are established in Right Understanding . . it is ours, we ARE it. But we have to learn the way to open it and to use it. We come to see the way to use it through Right Resolution that corresponds to the Sidereal Kingdom, the First Light . . . coming from Right Understanding that corresponds with The Ethereal Kingdom.

(b) You ARE Light.

To gain the full significance of the meaning of The Sidereal Kingdom, you must first imagine what the Ethereal Kingdom is . . then you can imagine that in that first stillness that envelops everything there is a slight movement ; with the first slight movement there is action, and in all movement and activity there is heat ; and all heat comes from the primordial Fire whose Flame gives the Light. You can think of this in a hundred ways, and I counsel you this week, as you look around you, to think upon it.

Having gained your mental concept of The Ethereal Kingdom and how the Sidereal is an outgrowth, so to speak, of it, then you will be able to see how every living thing lives in The Light . . . the easiest way is to think of the sun, and let your imagination help you. Think of all forms of life - rapidly growing and more slowly growing life, the mineral kingdom, the animal kingdom, the vegetable kingdom, and see how all life expression comes only as the result of LIGHT. Then think of yourself. The substances which compose even your physical body must have light, but how much more is this true of the real YOU . . . the real YOU which IS Light, for you know that you are nothing but Light, the Light of the Divine Wisdom which is yours through your contact with the Celestial Kingdom.

Cognizant of the structure of the Universe, and the Cosmic Order in which it rests in evolution, we come to see that the same order envelops man's life -- all that his life means. Just as in the Universe we see a pathway of unfoldment - immutable and everlasting in its expression - so in the life of Man we find the same pathway, the Noble Eightfold which is made up by definite steps similarly established in Cosmic Order.

THIS SPACE IS FOR YOUR OWN NOTES

As I write this Commentary I feel impotent to say what is in my mind. There are so many ideas that surge back and forth that I would like to give to you, but I do not wish to create ideas of Eternal things for you - you must do this for yourself. But when you think of RIGHT RESOLUTION, you should have the vision of perfection on all planes of your life, so that in the sheer perfection of you you may rightly resolve to DO what is essential for you to gain for yourself necessary experience for true growth.

Therefore I see myself perfect - "Perfect as your Father which is in Heaven is perfect." I see my perfect body. Gone are the days when I am subject to any disease or distress or disbalance on the physical plane of my life. I am the Master of My Body. I see My Body as the Temple of the Living God. I see - AND KNOW - my body to be not flesh and blood and muscle and tissue, but an aggregation of cell life, each of the glorious cells of my body being a complete universe within itself, and a torch, a light of the Divine Wisdom which I am. I see my breath as the great flywheel of Life Itself, Wisdom ; and on the breath of me there is constantly being conveyed to me the Light of the Divine Wisdom. I see myself not separated from anything in Life, but eternally linked in the Great One of Life. I see myself on all planes of life activity "perfect as my Father" which is WITHIN ME.

Thus I rejoice that I have gained this little knowledge. I have Right Understanding, and through practice of Right Understanding I KNOW myself to be what I truly am . . . "The Creator in human form."

But I am not proud. I am only truly grateful that, though I am unworthy in my expression of life so far, I have been led into the light of Right Understanding. And my Joy is so great that I know that with every breath that I take, every step, every thought, every aspiration, every sensation, every emotion, I am in the Balance ; and thus I see myself as a willing apprentice on my way to becoming a master craftsman in the playing of the great Game of Life.

I feel so entirely happy that every vibration and phase of life is in balance. I am in The Great Peace. I do not know all that there is to be known, but I am on my way.

In the assurance that I am established in Right Understanding, I now determine that from this moment henceforward all that I do and say and think shall be in accordance with The Law. I am cautious. I am humble. I watch, I pray, I hope, and I dare to be silent. Watchfully, every moment of the day, I live not as unto myself as in the old days of my ignorance, but as unto The Great Whole, so that nothing that I do -- not the very slightest and most insignificant act -- shall disturb the Peace of Every Living Thing in which I live and which contributes the whole perfect substance, the whole perfect energy and the whole perfect wisdom to allow me to work out my own salvation.

How delightful a thought!

(c) Thus Do I Rightly Resolve.

In this way, and in this spirit, I start out on the Second step in the Noble Eightfold Pathway . . . RIGHT RESOLUTION. Resolution is half the battle : to finally make up my mind to DO anything is to have it more than half done. When, established in right understanding of the thing to be done, I start to do it, nothing can creep in to disturb the excellence in which I do it. I am the conqueror. I am the master of the thing to be done. In Right Resolution I work, and when the work is done, I recognize the work of my hand and mind to be in correspondence with that perfection which is "of My Father" . . . for it is He that doeth the work ; of myself I can do nothing.

THIS SPACE IS FOR YOUR OWN NOTES

This, then, is the kind of thinking that I would counsel you to undertake. Be happy - give thanks. These four words will, as time goes on, grow in your consciousness and reveal to you the hidden ways of The Lord. Be practical. Life is not a theory - it is a fact. Your Life is the expression of Truth, and YOU ARE TRUTH. Therefore, analyze continually what you are doing with your own life. Are you resolved to do what you SHOULD do, what you now KNOW you should do? In one of the classes at the Institute, after the first lesson, a student came to me and told me that he had to sell his business. "But why have you to sell your business?" I asked. "Because you have shown me, through Our Own Spiritual Breath, that I am engaged in the wrong activity, and you have told us that the wrong means in the hands of the wrong man lead to destruction. I am a butcher, but I shall never again handle the flesh of animals that have been killed."

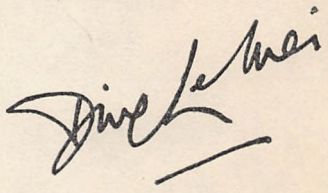
I commended him. He went on to tell me that he felt that he may have to take a large loss in the sale of his business, but, as a result of meditation, he soon found a buyer, who came seemingly out of the ether, and made him an offer which my student immediately accepted. Today that man is in his right vocation - the result of having found The Way in the first step in the Noble Eightfold Pathway of Enlightenment.

So, My beloved, as we think together on these things, let us know that we are rightly resolved to follow The Light.

My Peace I send to you. In your next Commentary we shall discuss the Mineral Kingdom, the Womb of Nature. Be happy this week. Feel very near to The Institute and to your Teacher. Do all that you can for Mentalphysics. Live the life. Spread the good news. You and I are the Progenitors of The Great Tomorrow, already born in our own hearts. We are the makers of The New City, and wheresoever, whensoever, howsoever we meet the Toiling Pilgrim, he must from us hear The Law.

Blessings be upon you for ever.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Twenty-Fourth Commentary,
Inner Chamber.

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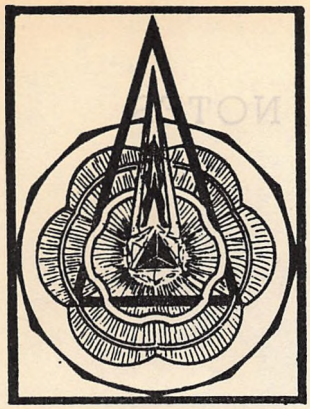

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The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
25

"THE ROYAL SECRET" (four)—The Mineral Kingdom, The Womb of Nature; Birth of "The Miraculous Substance"; Mystery of Life-giving Principle; Secret of Right Speech.

BREATHING EXERCISES DURING STUDY OF THIS COMMENTARY:

1. Enter deeply into the Pranic Healing Breath (see Commentary Number Twelve and carry it out once before you engage in the affairs of the day, and once as soon after sundown as possible. This Breath is truly beautiful, and when we can FEEL the pressure to the right and then to the left, and know the deep downward sweeping movement, we have gone far to solve the riddle of the physical body. Allow yourself this week so to lose all sense of the body that you know that it is truly nothing but vibration - here, there; everywhere, nowhere; light as air itself, heavy as the basest metal ; gone entirely from you, yet all-enveloping. Thus do you learn to come and go through the Door of Brahm.

MEDITATION FOR THE WEEK :

"I TAKE REFUGE IN SILENCE. I SPEAK ONLY THE WORD.
"I AM TRUTH. I speak only THE TRUTH."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Again let me say, in commencing this Commentary on THE MINERAL KINGDOM, The Womb of Nature, and RIGHT SPEECH that I have no desire to express myself in merely an intellectual manner. Whenever I write to you I write freely as The Spirit flows through me, with little reference and no distinct mechanical preparation. I speak to you with my soul, and when soul meets with soul there cannot but be true understanding. I am not writing a book for you merely to read - I am trying to express, as simply as may be, fundamental ideas and pass them on to you so that you may do your own thinking and come to reach the height of your own spiritual understanding through your own power to allow The Spirit of Wisdom to flow through you. In Mentalphysics we are not interested in conducting a class as in a university. We

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are trying to engage in the imparting of spiritual truths. We are all on The Path, all in different places, all viewing the same Eternal Truths from different points of vantage . . . each must seek within himself to truly KNOW. These Commentaries will form the key for you to open the door, and then in the secret places of the Most High you will be given just that Light which is yours to be given.

"HE THAT DWELLETH IN THE SECRET PLACE OF THE MOST HIGH
SHALL ABIDE UNDER THE SHADOW OF THE ALMIGHTY."

When we come to The Mineral Kingdom we at once realize that in this kingdom, more than in any other, Nature holds her secrets inviolable. We are in the secret place indeed. Here we see that we truly have to seek to find. Throughout The Mineral Kingdom there is the "miraculous substance." In the rock, there is the miraculous substance of the pure gold, and in Man we find the proper laboratory of the whole Art of Living . . . "Not only the most perfect chemical apparatus (I am quoting from Mrs. M. A. Atwood) devised by Nature for the distillation of her Spirit, and having besides the whole fermentative virtue, motive and principle of vital melioration and every requisite complete within himself, for the rectification and furtherance of her prescribed Law ; mind and manual efficacy, as it is narrated, by the Divine Will, to effect all things, though concealed in this life by the external attraction and obstructive energies of sense."

(a) The First Birth.

As we come from The Sidereal Kingdom, we are confronted with the first birth - The Mineral Kingdom may rightly be called the "womb of Nature", and the "Light" of The Sidereal Kingdom is to the universe what the life-giving or reproductive substance is to the womb of every female organism in Nature.

As the Light or life-giving principle enters, the sacred door is shut; and the Light germinates, so to say, in the darkness, making all Light, until the time arrives for the emergence of the completed embryo - a living thing, which is Light. This is Nature's grand secret, that there is a Universal subject in Nature susceptible of nourishment in Man . . and this is the greatest mystery, of all mysteries the most wonderful, that you and I - Man - should be able not only to find the Divine Nature, but to effect it in our lives. It is also terrifying to contemplate that, as we look at The Mineral Kingdom, with its lessons to us who have evolved through all the lower states of life, we see, as philosophers, the beauty and bright divinity of WISDOM, and know that we are on our way to enjoy the glittering treasures of her full Creative Power.

But we have to come through the silent waiting of the darkness, the womb of Light - that The Mineral Kingdom typifies - before we can bask in the Light of Divine Wisdom.

I cannot explain in mere words, but can you see, My Beloved, the relation and correspondence between The Mineral Kingdom, (with all its pent-up force, its Light germinating in its impenetrable darkness) and Right Speech (which we can only rightly engage in after we have learned the wisdom of "Have No Tongue," the Silence)? I believe that you can.

THERE IS EVOLVING IN THE WOMB OF THE MINERAL KINGDOM THE FIRST LIGHT ; IN THE SILENCE, WHICH WE ARE GROWING TO KNOW AND TO LOVE, RIGHT SPEECH, WHICH IS THE VERY MAGIC OF YOUR LIFE AND MINE.

We may learn much from this beautiful symbology. How easy it is to merely talk, but how difficult to truly say something. We are on our way to learn, in our investigation to scientifically discover The One, that the regal essences of The One are -

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BREATH ..... The Breath of you is the priordial substance.
SOUND ..... The Sound is the Great Vibrator of Life.
LIGHT ..... The Light is the Wisdom and the Guide, emanating from that life of the Universe that is higher than thyself.

These three form the essences of each other.

WITHOUT YOUR BREATH, there can be no Sound.
WITHOUT YOUR SOUND (in its Inner meaning), there can be no right expression, for your Sound (THE WORD) expresses your Thought (which is Pure Light).
WITHOUT YOUR LIGHT there can be neither Breath nor Sound.

(b) The Trinity Further Discussed.

Let us consider this idea further.

In The Mineral Kingdom, then, there is locked up, so to speak, the Breath, the Sound and the Light. We see that each of these is dependent upon the other two, and that the three makes One. We see that in you and me Right Speech is the quintessence of both Breath and Light ; we see that Light (pure Thought or Spirit) is both Sound and Breath ; we see that Breath is the point of birth of both Light (Spirit) and Sound (expression of Light).

How, then, are we to develop the power within us of Right Speech? In a word, by knowing what the Silence is. Therefore, this week I would counsel you to each day go for a certain specified time without speaking - be silent, have no tongue.

I M P O R T A N T

MORNING EXERCISE FOR THIS WEEK:

It is preferable to engage in this exercise in the early morning. Rise, and know that you are THAT. FEEL that "Whatever the Creator is, I am." Think on this one sentence, and revel in all the beautiful thoughts that come to you. Think of yourself on -

(a) The Physical Plane of Life : The Order of your organism - the beauty of your body - the body as the Throne of God - God-quality within the very substance of the body - think of its wondrous form and shape, of its precision, its agility, its perfection . . . a million thoughts will come to your mind, which will make you feel grateful and happy.

(b) The Mental Plane of Life : The magic of your mind - your power to think - your infinite capacity to store ideas - your power to create - your knowledge that your Thought is the substance of The Lord of the Eternal in transit - think of your memory, and about what you have learned ; think of how you have since you have been in Mentalphysics been able to absorb Truth, so that, through your mind, you are now able to see what you are looking at, feel what you touch, hear what you are listening to. . . and so on ad infinitum.

(c) The Spiritual Plane of Life : The wonder of the Universe Within - the mystery of meditation - the results of your meditation and a million wonders that only YOU can know as you have made progress along The Path to The Great Peace.

THIS SPACE IS FOR YOUR OWN NOTES

As you are silent, think of all these things, and use fine and chaste language in your mind to express these ideas concretely to yourself. If you are not able to get the fine turn of a phrase in your mind write on paper what you are thinking - consult a Thesaurus, so that the finest vibration of thought through right words will come to you.

A few days of this practice will enable you to know that the refining process is proceeding very rapidly within you.

Then, during the day, watch the tongue! Speak only when you truly know that you should speak, and then speak only in the finest clothing of sound - the words that you use. Extend your vocabulary. Do not engage in "common" talk. Just as you now find joy in breathing, so find joy in speaking - finely and in refinement. Try to speak so that every word portrays the exact thought of your mind, speaking with precision, definiteness and fineness of sound.

Think of The Mineral Kingdom, with its silence, its waiting, its fullness, only giving up to those who silently seek the secrets of Nature and are prepared to wait patiently and silently woo her. Thus will you lead yourself into the deepest recesses of your own mind, and be able to express constantly to-yourself the finest emotions of your heart. You will lead yourself, through Right Speech, into the inner Light of yourself that will surprise you beyond measure. As Light is the basis of The Mineral Kingdom, you will, through right contemplation of it, and right use of it through Right Speech, lead yourself into the realm of Love - and LOVE IS GOD.

Peace be unto you today - and all the Days.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.

Dive Le Mai

Written in Faith at
Los Angeles, California, U.S.A.

End of The Twenty-Fifth Commentary,
Inner Chamber.

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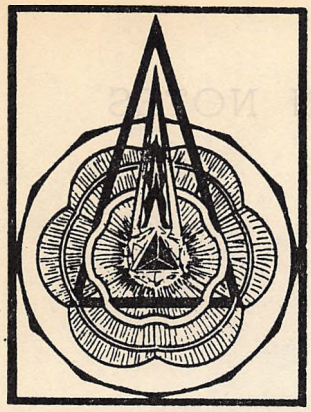

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COMMENTARY **26**

"THE ROYAL SECRET" (five)—The Vegetable Kingdom, the First Sacrifice; Relation of Right Conduct to Speech, Resolution and Understanding; Nature's Wisdom in its First Unfoldment.

BREATHING EXERCISES FOR THE WEEK :

1. Breathe physically the Breath that you are weakest in - it may be the Cleansing Breath, or the Grand Rejuvenation Breath, or any other. Make the effort this week to make yourself perfect in all your Breaths.

2. Breathe meditationally Your Own Spiritual Breath as near to noon as possible, even if it be only for a moment or two ; as you are to consider The First Sacrifice in this Commentary, let your mind dwell upon the wisdom of learning the way to sacrifice for others . . though "sacrifice" is a generally misunderstood word. "Sacrifice" is from sacer, sacred; and facio, to make. It means to make an offering or surrender something for the benefit of something higher ; to suffer or give up something, even to giving up one's life for the greater good, which must of course come back to us. In this Commentary we see how the Vegetable Kingdom is the First Sacrifice in the structure of the Sevenfold Universe.

MEDITATION FOR THE WEEK :

Same as in Your Twenty-Fifth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I trust that the importance of understanding the Trinity of Breath, Sound and Light is clearer to you as a result of your last week's study. Understanding this, we come to the magic of Life Itself, and to understand we must practice. Therefore, consider carefully what you are learning week by week. It is not possible for you to understand the whole Mineral Kingdom - you may not know anything whatever about geology even, but you can take the ring on your finger and meditate upon it. In looking at that ring on your finger, the emblem of professed love, you may learn more about the essentiality of the Mineral Kingdom than the greatest geologist that ever lived.

THIS SPACE IS FOR YOUR OWN NOTES

Similarly in the Vegetable Kingdom. Think of the food that you eat this week ; talk to your food ; recognize that it is not "food" as the majority of people understand food, but that it is the Creative Intelligence of the Universe in the form of pure substance that you are taking into your body ; that that wonderful spinach and lettuce and other members of the Vegetable Kingdom that you take into your body are freely sacrificed by these lower vibrating manifestations of life for the higher vibration of Life which you are evolved unto. Contemplating this you will learn your own lesson as to how to live - to make a sacrifice of all that you have and all that you are and all that you know for the benefit of the Whole Human Race - recognizing that the whole is greater than the part. If we all understood the hidden meaning of the First Sacrifice as we see it in the Vegetable Kingdom, we would all be teachers and doctors and lovers, loving Every Living Thing with our whole heart fervently.

(a) The Purpose of the Spine.

Among various occult schools it is taught that everything that has developed a spine has developed into a state of consciousness. Every embodiment in the Vegetable Kingdom has a "spine". Examine a cabbage leaf, and you will see what I mean. Everything is the "Tree" of Life, its roots in the lower, its branches coming out from the trunk into the higher. It is the same with the blade of grass as it is with you, Man, the highest evolved entity in Nature. You have in your mind your Earth Body and your Heavenly Body - by transmutation we go from Earth to Heaven, and the "Bread" cometh down out of Heaven. So that every living thing that has emerged from the Mineral Kingdom (the Womb of Nature) has developed into consciousness. Its sacrifice is for the Higher Consciousness of you and me.

All in the Vegetable Kingdom, moreover, obeys the law of growth. Have you ever tried to imagine what one single seed of a melon, for example, could do. It could literally cover the earth with its increase.

I may have told you this before : I am fond of water melon (and if you have any tendency to congestion anywhere in the body, any stone condition in the kidneys, or the gall bladder, or the bladder, you will find water melon a specific in breaking down all tendency to stones), and one day, sitting lazy in the sun, I tried to count the seeds that came from a large piece of water melon. I counted up considerably over three hundred, and then I stopped counting. Consider that every one of those seeds had within itself the power of reproduction to bring forth a complete vine, for the growth of many complete water melons, each containing hundreds of seeds, each of which possesses similar power. Think how that single first seed contains the power to literally cover the surface of the earth with water melon vines. A simple (and to some perhaps a ridiculous) thought, but that is the way to seek the Truth of Life, and to become emancipated from the tyranny of the senses.

I could give you many more ideas, but your own ideas will come to you - and you will be taught thus to THINK. There is no more beneficial line of thought that one can take up than a contemplation of The First Sacrifice. When we allow our minds gratefully to rest upon the manner in which everything that we eat that comes from the Vegetable Kingdom is a direct sacrifice, we surely have cause to give thanks for the sustenance of our physical bodies. But that is only the beginning of the sacrifice that Every Living Thing makes for us. Thinking upon how we are dependent upon The Vegetable Kingdom for the growth and sustenance of our bodies, we see that the same principle works in the growth and sustance of our minds . . . we see how many people practically everyone to whom we speak, has contributed in some manner to our development.

THIS SPACE IS FOR YOUR OWN NOTES

(b) Vegetable Kingdom and Right Conduct

To the intellectualist this may seem to be rather a frivolous way to get to understand LIFE - but there is no better way, for we can see that every thought that enables us to express through our thinking gratitude, automatically gives birth to a consciousness of Joy - AND JOY IS THE SUBSTANCE THAT PROPELS THE FLUIDS OF LIFE.

All of which thinking leads us to the correspondence between The Vegetable Kingdom and RIGHT CONDUCT . . . for if the thought be right, the action will be right.

To particularize to you what Right Conduct is would be mere assumption on my part -- you will know Right Conduct for yourself, and Right Conduct for you may differ greatly from Right Conduct for another. There is in every one of us that spark of Divine Understanding that shows each his own way. To know how to rightly sacrifice merely means that we know how to rightly LIVE. We have come through

RIGHT UNDERSTANDING RIGHT RESOLUTION RIGHT SPEECH	into	Right Conduct, where through right practice we give thanks that we have learned the life of sacrifice for the benefit of the whole human race.

We are doctors, lawyers, business or professional men, and we engage properly in our daily activities ; but our eyes are always open to see the opportunity when we might engage in

THE LIGHT THAT LIGHTETH THE HEARTS AND MIND) THE BREATH THAT ENABLES US TO VIBRATE THE WORD) THE SOUND, WHICH IS THE WORD OF THE LORD.)		which equals RIGHT CONDUCT.

(c) The Life of Right Sacrifice.

By living the life of right sacrifice we learn much. We are not advanced craftsmen yet, but we are proving ourselves to be willing apprentices daily growing in skill in the art of living. And as we concentrate upon the highest that we know, we evoke within ourselves that Solar Force and Power which, if directed upward from earth to heaven, will awaken and revitalize those organs of true perception hitherto withheld from use. We become a sharer in the wonders of God's Omnipotence, and gradually recover our lost sovereignty, knowing that the Fourfold Law will compensate us . . . the more we give the more we have, the more we teach the more we learn, the more we sacrifice to the lower the more the Higher Ones lovingly minister to us.

Therefore, My Beloved, study the mysteries within yourself. Put it into practice. Yesteryear I saw myself trying to live as unto myself, but today I see "so much to do, so little done" --- I will be the willing worker in the vineyard. I engage, so far as I have learned, in Right Conduct, ever in harmony of mind with the Universal Mind of All Life, knowing that "the mind sheprodeth Thy Word, O Spirit-bearing Creator within me."

Make this week a week of infinite beauty. Watch when you rise in the morning, rapturous in the sunrise of thine own spirit. Watch throughout the day that, no matter where you are, you will spend and be spent for the benefit of your fellows. Watch when you are busy with the things of the outer world, watch when you have time to rest in the wisdom of the inner world of Light and Joy. And at the end of each day,

THIS SPACE IS FOR YOUR OWN NOTES

KNOW that you have gone along one step further along the sunlit path of life, giving to gain, losing to find, sowing and knowing that you must reap precisely as you sow . . . . . BUT ABOVE ALL, KNOWING THAT YOU ARE THE MASTER OF THE LAW OF CAUSE AND EFFECT.

In recognizing this, Give Thanks. The way for us to REALIZE the progress we are making is to make regular comparison. For instance, sit and consider what your life was like before you came into Mentalphysics. Think of what you have learned in Mentalphysics. Think of what life would be if, suddenly, you were to be transported back to that old state of negation and darkness. Now, you KNOW : you are not dependent upon mere opinions . . you are on your way to mastery . . let us Give Thanks.

This will bring you food for thought :

"As the soul gravitates towards body in the first production of herself, she begins to experience a material tumult, - that is Matter flowing into her Essence. And this is what Plato remarks in the Phaedo, that the soul is drawn into body staggering with recent intoxication, signifying by this, the new drink of Matter's impetuous flood, through which the soul, becoming defiled and heavy, is drawn into a terrene situation. But the starry cup placed between Cancer and the Lion is a symbol of this mystic truth, signifying that descending souls first experience intoxication in that part of the heavens through the influx of Matter.

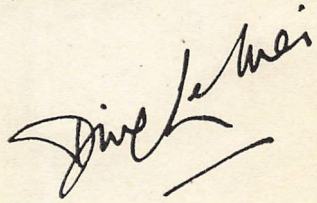
"Hence oblivion, the companion of intoxication, there begins silently to creep into the recesses of the soul. FOR IF SOULS RETAINED IT IN THEIR DESCENT TO BODIES THE MEMORY OF DIVINE CONCERNS, OF WHICH THEY WERE CONSCIOUS IN THE HEAVENS, THERE WOULD BE NO DISSENSION AMONG MEN ABOUT DIVINITY.

"But all indeed in descending drink of oblivion ; though some more, and others less. On this account, though truth is not apparent to all men on the earth, yet all exercize their opinions about it ; because A DEFECT OF MEMORY IS THE ORIGIN OF OPINION.* But those discover most who have drunk least of oblivion, because they easily remember what they had known before in the heavens."

(*That is why we start in Mentalphysics with
The Memory-developing Breath.)

Peace be unto you. Be happy. You are Courage - you are Youth - you are Strength - you are Joy - you are All Good . . . and you are in The Great Peace.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.



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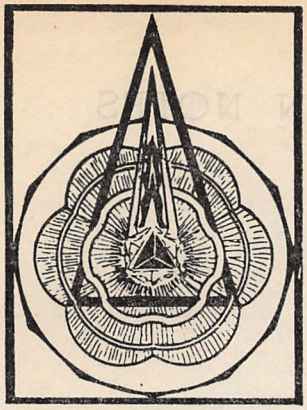

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COMMENTARY
27

"THE ROYAL SECRET" (six)—The Animal Kingdom, the First Quest: Right Living, Right Consciousness—the First Resurrection: Finding the Way to be "Risen with Christ."

BREATHINGS FOR THE WEEK :

(1) During this week go through all your Breaths, breathing each Breath twice each in the mornings only. Get up a little earlier, and take great interest in the physical side of your Breathings - feel full of life and vigor and power. Bring all that you have learned into the physical breaths, and throughout the day FEEL the power of your Breath - essentially from the physical and mental point of view. The breath of your life is pulsating through you - every cell of your body is awakened by your breath.

(2) Each night, before meditation, sit still, and go through each of your Breaths mentally, so that as you then go more deeply into Meditation, you shall know that you are truly in perfect rhythm with Life Itself.

MEDITATION FOR THE WEEK:

"I am Life - LIFE - LIFE." Meditate upon this in such a manner that LIFE will be FELT by you - its Order, its Silence, its Beauty, its Truth. So still are you in Meditation that you go to the very Light, to the sun of Life within you, and to the Sun Behind the Sun.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Epictetus said : "Did God give the eyes for nothing? And was it for nothing that He mingled in them a spirit of such <u>might</u> and <u>cunning</u> as to reach a long way off and receive the impression of visible forms - a messenger so swift and faithful? Was it for nothing that He gave the intervening air such efficacy, and made it elastic, so that being, in a manner <u>strained</u>, our vision should traverse it? Was it for nothing that He made Light, without which there were no benefit of any other thing?"

THIS SPACE IS FOR YOUR OWN NOTES

Referring to the eyes, the learned Dr. Harold Wilson declares that the human eye is capable of distinguishing 100,000 different colors or hues, and twenty shades or tints of each hue, making a total of two million color sensations which may be discriminated. If we consider the infinite variations in the colors of earth, of plants and their blossoms, of clouds - in fact, of all natural objects - such an estimate as this hardly seems excessive - astounding though it is.

(a) The Animal Kingdom - Right Living

As we go on through the structural development of the Universe, we find that following the Vegetable Kingdom comes the Animal Kingdom, which in the Noble Eightfold Pathway corresponds to Right Living. The Animal Kingdom we regard as The First Quest, for we see constant watchfulness in all animal life. Watch your dog, your cat, your bird, and you will notice that there is a never-ceasing watching outwards. Turn up a stone in your garden, and the low form of life you will find under the stone will immediately begin to look outward and make some sort of a movement. It is the same throughout Nature. There is the constant Quest for knowledge, for acknowledgment of Light. And as you watch - you can see it more clearly often in the lower evolved forms of life - you can literally SEE the Light of the Divine Wisdom in the organism shining out through into expression.

"Did God give the eyes for nothing?" As you watch all forms of life you will be aware that, through the eyes, when developed, there is a constant search, and the search leads to action. The more perfect the watchfulness, the more perfect the action, the activity, the thing done. When we come to Right Living, we have come by the "King's Highway" . . . "the Way that is cast up for the Ransomed of the Lord ; the unclean shall not pass over it ; but the Redeemed shall walk there ; and the Ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads" (Isa.35: 8-11).

(b) Right Consciousness.

In Mentalphysics we learn that there is no death, and the ultimate of Right Living will be when death will not be necessary for us as the closing act in the drama of life, because Man will have solved the problem of Life, and have attained immortality in Consciousness.

Right Living develops right consciousness - the Consciousness of The Christ, regeneration. What you have in Consciousness, you have indeed ; what is not in consciousness IS NOT - to you. Right Living is true salvation. There is no salvation except in consciousness, neither any resurrection. No matter whether we say we believe or we do not believe in the Bible, there is great truth in the Bible, but, as always, it is obscure, hidden - there is a hidden meaning to the words. The Great Mystery is regaining our lost sovereignty, in achieving regeneration. The biblical student will say that the ultimate is to know that he is Risen with Christ . . . and this is true, though the Way is not often taught. Through regeneration - being risen with Christ - we are accomplishing a great evolution, passing a great evolutionary boundary, out of the consciousness of negation and evil and death into a CONSCIOUSNESS OF LIFE AND IMMORTALITY, holiness eternal, resurrection.

(b) "I AM THE RESURRECTION AND THE LIFE."

I AM, the Name, the Greatest Name - "before which every knee shall bow and every tongue confess" - is the Unutterable Name known only through "the Christ Within" through our Highest Consciousness.

THIS SPACE IS FOR YOUR OWN NOTES

Christendom has scarcely awakened to the deeper meaning of Life Itself. We in Mentalphysics have tasted, even if it be the first sweets, of the vast possibilities of unfoldment and realization, which are the privilege of any one who will studiously apply himself to the One within. We look around the world today and we see evidences among all nations of the barbarism through which The Elect are valiantly endeavoring to pass. War, crime, corruption in high places, selfishness in most diabolical forms, thoughtlessness and darkness. For us who are the ones privileged to use the eyes that God gave us, it is clear that Man has scarcely touched the hem of the garment of the LIVING God, and consequently have not even conceived the glories ready to be revealed through an unfolding consciousness of The Law. Many have seen the reflection of these glories "afar off", but they have been afar off from realization.

To the great masses of men today whose aim is definitely upward the "delectable mountains" are always in the far distance. And to us, immortals walking among mortals, what an opportunity is given us to SEE these toiling pilgrims! Let us not grow weary in well doing.

To us, who have declated our willingness to become apprentices in the Sacred Art, it is said "Eye hath not seen, nor ear heard, neither have entered into the heart of man the things which God hath prepared for them that love him," . . . right here and now, in the immortality which in varying degrees of consciousness - according to our evolutionary power to understand - we now enjoy.

Man has relegated his God to a far distance, and so long as the anthropomorphic idea persists Man will still relegate his inherent Wisdom to a far distance. Thus he makes it impossible, by such postponement, to KNOW HIMSELF, and excuses himself from becoming consciously what he is eternally and potentially. NOW is the eternal word. All that we have is The Present Moment -- and the echo comes, "NOW is the Day of Salvation!" All that we can ask for and expect is NOW. LIFE is NOW - Thought is NOW - YOU and I ARE NOW . . . never was a time when we were not in the NOW. We are not something to be made and established - WE ARE NOW.

Recognizing this, and you in Mentalphysics have recognized it - you see that you cannot BE anything more than you are - you cannot HAVE any more than you have . . . henceforward it is a matter of GROWTH. WE must GROW into the Knowledge . . . HOW? By RIGHT LIVING. We have come through the First Quest, which is the Animal Kingdom. We have emerged, through GROWTH and right USE of what we are and what we have, into the Human Kingdom, and now we know ourselves to be immortal, everlasting, ever the same, One with the Father. We are the elect of the True Illuminati.

Thus we must press on to the high mark of our divine calling.

We must know that the way to holiness is holiness . . . the way to divinity is divinity . . and, through the practice of love to every living thing, we know the way to Love is Love. What we love most we become to the degree of our realization of it . . . RIGHT LIVING.

(d) Finding the Way.

All this may sound very "preachy" and commonplace, but there is Wisdom in this Commentary. By persistently recognizing the One within us -- The Christ of Love within us - the Great Fountain of Love and Wisdom - we gradually unfold the Consciousness of Love and Wisdom.

THIS SPACE IS FOR YOUR OWN NOTES

Therefore, my Beloved, I would have you this week rise in the very might of your own inspiration. Be happy! Rejoice! Give Thanks! Can we all together feel that we in the Inner Chamber are knit together, near or far, by that invisible but real and indissoluble bond of love? Can we feel that, waking or not awake, we are the perfect receptacle for the Inflowing and the Indwelling ? Can we, for just one day at a time, one hour at a time, one minute at a time, KNOW that we are THAT - that we ARE the Creator embodied in the human form . . . and can we FEEL that the Wisdom and the Light and the Love and the Truth and the REALITY of the "I AM" is expressing through us in all that we do and say, think and feel? May it be granted unto us.

For if people like us, who now know, do not engage in Right Living, what, I ask, is the hope of those who know less than we know? We are our brother's keeper. We are the fellow custodians of the Royal Secret. Let us quit ourselves like men, and be strong.

When you have finished the first reading of this Commentary, feel very near to me as your Teacher. Feel that I am speaking to you with my soul, and know that when soul meets soul there is knowledge. Will you feel that from me to you there come great waves of Truth and Peace and Joy . . . FEEL them! Will you feel that, no matter how many millions of times you have been disappointed in people and things and circumstances and events, AT LAST you and I have met . . . and that there is naught that I would not willingly give to you if I could? Will you feel that - in spite of all the negative appearances of things, in spite of worry and doubt and all forms of darkness, the LORD OF LIGHT is speaking through me to the LORD OF LIGHT within you?

I know that you feel as I do. I know that you feel as you read this that the highest and the noblest and the most true and the real in you is speaking to the Great Brotherhood . . . that you, in the vibration of Your Own Spiritual Breath, are sending your Light and your Love to Every Living Thing.

Let us, as crusaders, do ALL that we can to lead others to The Light. We are the Ambassadors of Truth - and we should ever be engaged in the right work of leading others, which is the pivotal point of Right Living. There is much to be done, and we must do it - as unto The Law. (Read Paul's immortal message to the Ephesians - Eph. 6 : 10-20 - read it again and again, and think of your duty and mine to the human race - your duty to offer to The Light that has lighted your own mind for the benefit of lighting the whole masses of mankind who still struggle in the darkness and ignorance of their own mind).

> "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

During this coming week, LIVE THE LIFE. Feel the Truth of your own Life. Will that you will, in true spiritual earnest, engage this week in Right Living, - right search, right activity, balance, poise, control, right Knowing - which is Right Living.

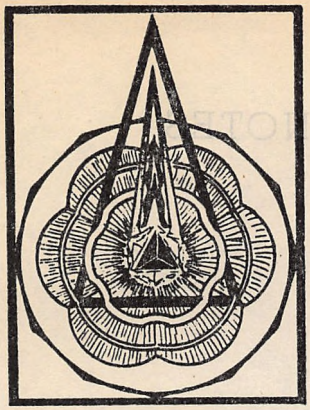
Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds of Joy and hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Twenty-Seventh Commentary, 110
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **28**

"THE ROYAL SECRET" (seven)—The Human Kingdom, the First Conquest; Wisdom—the Moving Element of Divinity; Right Effort—the Essence of Wisdom's Direction.

Breathing Exercises for the Week :

1. Same as in your Twenty-seventh Commentary.

MEDITATION FOR THE WEEK:

"WHATEVER THE CREATOR IS I AM." This Meditation should by this time have become the most familiar thought of your mind, for you have been thinking upon it for several months. During this week, in meditation, go as deeply as you can into the inner truth - the actual imperishable truth that ALL that the quality of the Creator is is within you.

Mental Exercise for this Meditation:

At the start of your meditational period, imagine feeling that you are absorbed - In Light, so that you can see the beautiful akashic light before you to the point that there is naught but light ;

In Love, so that you literally feel the pressure of the Love of Life upon you . . you can imagine it so strongly pressing upon you from every outer point . . . also you can feel it pressing from within you, from the irreducible irreducibility of the inmost center of yourself, outwards, outwards, and you can actually SEE it merged with that which is coming into you. Get the FEELING that you are the central point, and that there is not a single pin-point of space anywhere in the whole circumference of your consciousness that is not full of Light and Love.

In Wisdom, so that you come to KNOW the Wisdom of the Lord of the Eternal to be within you, directing your every thought and deed.

THIS SPACE IS FOR YOUR OWN NOTES

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary we discussed the subject of Right Living as it is related to The Animal Kingdom, and we saw that in the fifth step in the structure of the Universe (The Animal Kingdom) we arrive at The First Quest (turn back again to page two of your Twenty-second Commentary for reference). In the present Commentary we arrive at THE HUMAN KINGDOM, the First Conquest (you are the Conqueror), which corresponds to RIGHT EFFORT, the Sixth Step in The Noble Eightfold Pathway of Enlightenment.

I wish that it were possible for us all to gather around in a circle and through practice of the above meditation come to know beyond any possibility of doubt that "Whatever the Creator is I Am," for not until we reach this level of consciousness, and endeavor constantly to remain at that level, can we hope to EXPRESS the Divinity of ourselves through the Humanity, or transmute the human to the divine. Perhaps you have read this before - it seems to me to be apropos

> " THE FIRST ALL THINGS IN ALL GAVE THE FIRST SECOND ALL THINGS IN ALL, FROM THE ALL IN THE FIRST SECOND TO THE THIRD ALL ; THAT HE MIGHT DISCOVER, KNOW AND POSSESS ALL THINGS UNIVERSALLY."

To know this is to know that "Whatever the Creator is, I Am."

(a) Wisdom the Greatest Virtue.

In The Human Kingdom there is full potentiality of The Spirit. In our affirmation - the "three threes" - after the Revitalizing Breath, we visualize this potentiality, and as we watch the evolution of Life through the various kingdoms leading up the The Human Kingdom, we find that ALL THAT THERE IS in the Universe (and that is God) unfolds through the Wisdom which is the nature and substance of itself. Wisdom as much excels all other human faculties as sight does all other corporeal senses, or the sun the stars. You and I are constituted, through our upward progress to the point of unfoldment where we now stand, to the end that we might contemplate the Wisdom (the Reason) of the whole Universe, in order that - being ourselves the work of Wisdom - we might survey the Wisdom of the things that exist ; thus do we grow in Wisdom.

A student wrote me a day or two ago and asked what is the greatest virtue - and he declared, "Surely, Love is the Greatest." Discussing this subject in the Inner Chamber at The Institute, several opinions were expressed . . some said Justice was the greatest, some said Wisdom the greatest, and so on. Curiously, all were right, for without Justice there can be no Love ; without Love there can be no Wisdom, and without Wisdom, surely nothing can be. I feel that Wisdom is the greatest of all, and as a stream cannot rise higher than its source, so you and I cannot be more, and know more and do more than the measure of our Wisdom.

Cosmically, we see that Wisdom is not conversant with a certain definite existing thing, but simply with ALL things. So in The Human Kingdom, Wisdom is the First Conqueror - and YOU are that. Wisdom is in ALL things - everywhere. You have your idea of Prana, - the inmost essence of Prana is Wisdom. And " . . . all the things that may be desired are not to be compared to it," (Proverbs 8, 11.) It would be well for you to read this chapter, and the following one.

> "The fear of The Lord is the beginning of Wisdom ; and a knowledge of the holy is understanding . . . . . For by me thy days shall be multiplied, and the years of thy life shall be increased . . . . If thou be

THIS SPACE IS FOR YOUR OWN NOTES

wise, thou shalt be wise for thyself ; but if thou scornest, thou alone shalt bear it."

(b) Wisdom Is Not Intellectual.

But it is so easy to quote what we have read, is it not? There are some people who are so well read that there is not a subject that can be thought about but what they are able to quote about . . yet not know much about LIFE. Coming to The Human Kingdom, we find ourselves masters of the secret magic of Life Itself. Is it not obvious to you that to live we have not necessarily to know about the varying phases and functions and effects of life? There are men who cut up dead bodies to learn about living bodies - but personally I would rather study human beings alive than dead. There are those so intellectually developed that they have lost the power to " feel after Him if haply they may find Him."

When we recognize The Human Kingdom in its true meaning, we KNOW ourselves to be the Creator in human form. Our example is the Creator. We live no longer unto our own selves, but realize that WE ARE GOD, and we follow the Law of God. There is no need for the Whole to live unto itself, - its paternal mission is to live for the parts, which know less than the Whole. The example for the Part is in the Whole; so that, by living less and less unto itself, the Part partakes of and assumes the full quality and nature of the Whole, losing itself in the life of the Whole.

These last sentences may seem commonplace - study them! See the inner meaning, and if we can understand the inner meaning we have learned the Royal Secret. The really great people know very well that they have no need to assert themselves, and they never do it - though their influence constantly expands for good. The parvenu is always pushing and struggling to assert himself and become recognized, always feeling insulted and clamouring for proper honor. The sole business of The Wise Ones, fully recognized in their own wisdom, is to radiate Love and Peace upon all. That is the way for us Nobles of The Light. That is how we may prepare ourselves for the Coming of The Lord within us.

You can use your Imagination! Can you imagine what this fair Earth will be when all have learned Wisdom - when every living human being will live as unto The Lord, serving God through serving Man and not Self?

Can you imagine that ideal state of human society when all, being wise, shall live so that there shall be no disease of body and no negation of mind, when there shall be no selfishness unless it be the divine selfishness of service unto others who know less and have less, when every man shall have learned the Wisdom of the Lord of Life?

Can you imagine this earth populated with healthy, prosperous, wealthy human beings - in a state of society when Wisdom shall rule and reign in the hearts and minds of men everywhere?

I am not painting the picture for you - YOU MUST DO THAT, for you are the artist of your dreams, and what you dream, through Right Living and Right Effort, comes true in your life.

(c) Paint Your Own Picture.

Take a little time this week in painting this picture. I would suggest to you that you take pencil and paper and put down in words the details of this transcendental picture that your Imagination gives you. Use the finest words that you can command to paint the picture - think the highest thoughts - feel the deepest emotions . . . AND KNOW THAT WHAT YOU CAN IMAGINE COMES TO YOU AS THE DIVINE PRIVILEGE TO WHICH EVERY MEMBER OF THE HUMAN KINGDOM HAS, FROM EXPERIENCE ALREADY GONE THROUGH, A RIGHT TO ENJOY.

THIS SPACE IS FOR YOUR OWN NOTES

And in your practice, KNOW that WISDOM is at work within you - that the LIGHT of WISDOM is guiding your thought and your action - that the LOVE of THE LAW, whose foundation is Wisdom, is so flooding your whole being that you lose yourself in love for Every Living Thing . . . . and so enter truly into the Holy Breath of Life, of which your Mentalphysics Spiritual Breath is the divine messenger.

What I am saying to you is that you can IMAGINE all this. Being a HUMAN, look UP, and UP, and EVER UP to the DIVINE in you --- and the Divine is the Wisdom of LIFE.

Let us make no mistake, however, I know that every Noble of The Light can think, for in our study we have trained ourselves to think. I know that we can all feel - that we all can imagine . . . but, My Beloved, IT IS WHAT WE DO THAT IS THE TRUE MEASURER, and the quality of what we do is determined by the quality of the EFFORT behind the doing. If directed by the Divine Wisdom, the Effort becomes RIGHT EFFORT, which is the birthright of The Human Kingdom. You, as a Human - having become human through the Divine within you - reflect to the degree that you use the inherent Wisdom of yourself, the True Divinity. This is a great mystery. Think of LOVE, and you solve the secret if Love directs you into RIGHT EFFORT of its expression.

(d) Be an Immortal!

In this Commentary you have had given you ideas upon which you are lovingly counselled to think. Had I the power to write words of pure gold upon this simple sheet of paper, I could not do more for you than to make you think on these things, so that you shall feel them to be true to the degree that you become unconsciously compelled to ACT WHAT YOU THINK. We all do act what we think, but when we are guided by The Light and The Wisdom which is its Essence, every act and thought and feeling and emotion are in the Great Balance of The Law of Life.

Therefore, this week - again, as an immortal walking among mortals - know that YOU are the Ruler of the Universe. Raise your vibration. Think great thoughts and live on the high level of greatness. Descend not to selfishness in any form. KNOW that, though you may again and again find the "old Adam" dragging you down, you are on your way to The Light of Love and Life, so that you shall never-ceasingly reflect it. . . . the never-ceasingness of your Thought shall not allow one single instant to creep in when you are not in The Light . . . you USE your birthright of Humanity as the magnet for attracting the Divinity within to shine forth.

Let us each and all this week so live that all with whom we come into contact shall be made happier and holier because of our lives and our association with them.

Thus, through us, shall WISDOM speak the WORD OF LIFE.

Adieu, My Beloved. Rest in Peace. Namasta.

Sincerely your Teacher, in Fraternal Bonds
of Joy and hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Twenty-Eighth Commentary,
Inner Chamber.

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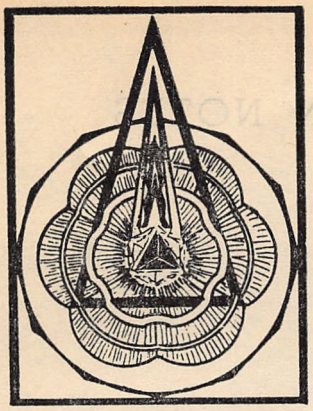

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COMMENTARY
29

"THE ROYAL SECRET" (eight)—The Celestial Kingdom (the First Custodian) corresponding with Right Meditation (the Noble Science); Secret of Life's Eternal Battle.

Breathing Exercises for the Week :

1. Same as in your Twenty-seventh Commentary.

Meditation for the Week :

Continue the meditation given in your Twenty-eighth Commentary. Read again most carefully the paragraph entitled "WHATEVER THE CREATOR IS, I AM", and every moment that you can THINK this thought during the week, think it, and BE HAPPY in the thought. Think it in such a manner as to compel yourself to KNOW that it is true - be constantly conscious of The Presence - be constantly conscious of the FEELING of The Presence . . . and know that you are allowing your own highest Self to express through you in all that you think and do. Moreover, feel that all that you do this week is beautiful and glorious, for you are doing what you have to do with the greatest joy, and there is the consciousness that IT - The Lord of the Eternal - is doing it through you). Make this a REAL thing this week. Be conscious of The Light all the time, and know that YOU ARE LIGHT . . . . "The path of the just is as a shining light, shining more and more unto the perfect day."

This week bring into reality, very definitely into consciousness, that you are a Noble of The Light - let your Light shine!

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond!

In commencing this Commentary you truly approach The Throne, and you should walk in humility. Imagine that you are standing on a high eminence, and that, looking down, you can see going on before your eyes the whole of the operation of the Life of the Universe . . . that the supreme work of the Universe is to make YOU . . that you are the Universe, that you are The Conqueror. As you look, in your mind's

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eye you see all the different phases of your development . . then, closing your eyes, looking within yourself, you see yourself as the most wonderful thing the Universe has brought forth. You have come through all the various kingdoms - you are a human being, prince in The Human Kingdom.

But, as you look within, deeper and deeper still, you know that there is more in you than a mere human - you know yourself to be Divine. So, as you watch, you are raised in consciousness to the Glory of the Higher Ones, to the Celestials, to the great Hierarchy of Light that holds the Cosmos in its balance. You see yourself, not yet perfect, but when fully grown, a member of the Celestial Kingdom.

(a) Custodian in the Noble Science.

In our Teaching of Mentalphysics, THE CELESTIAL KINGDOM (The First Custodian) corresponds with RIGHT MEDITATION (The Noble Science). To understand this one must have been successful in meditation - he must have been able to so lose himself so that, in his abstraction, he must have experienced spiritual contact with the Higher Ones. When we are talking about this most controversial subject, there is danger of not portraying correctly what is in one's mind, but when we have actually had the experience there can be no doubt about our understanding. So much has been written that emphasizes the spectacular, or what appears to be the spectacular, that this writer hesitates to put on paper anything that may tend to disturb the seeker.

I must assume that all of us in the Inner Chamber are aware that we live in a sea of Life in which there are Intelligences as high above our own as ours is above that of the ant. We know that the Higher Ones of the Celestial Kingdom are ever at our side, urging us on to higher and higher achievement on all planes of life. But man's consciousness of these things is limited in direct proportion to the development of his senses of perception. When, by purity of life and thought and the right use of Solar Force, we awaken our powers so that we can penetrate further to the very center of centers of our True Being, we then understand the Celestial Kingdom . . . but we cannot tell about it. Moreover, I am one of those who feel that it is not wise, or indeed kind, to present to the uninitiated mind - who, naturally, is seeking the spectacular - mere words about the Celestial Kingdom: it is only through RIGHT MEDITATION that we can come to know it.

I am often asked about certain books that purport to tell about the Masters. As all of you know, there are books available to any one who cares to buy them, which claim to "explain" the apparently supernormal activities of what we may call the Celestial Kingdom - but until we are each individually ready through our own experience to understand, we cannot make this knowledge our own. We may comprehend intellectually, but we cannot spiritually know. Merely to read about these things without practising to attain them is, as the Chinese say, only "wind in the ear".

Therefore, it is for us to know that in this great divine Sea of Intelligence, we are constantly upheld by forces and intelligences that are high above us, ministering to the human race in its unconscious struggling towards The Light. These Higher Ones, the Masters, the Hierarchal Beings, are in reality states of consciousness or energy within which are governing intelligences having jurisdiction over the seven planets.

> "But the Mind, The God, being masculine-feminine, originating Life and Light, begat by Word another Mind Creator, Who being God of the Fire and the Spirit, created some Seven Administrators, encompassing in circles the sensible world ; and their administration is called Fate." (Hermes Trismegistus).
>
> "Grace be unto you, and peace, from Him which is, and which was, and which is to come ; and from the Seven Spirits which are before His Throne." (The Apocalypse or Revelation of St. John, ch. 1, verse 4).

THIS SPACE IS FOR YOUR OWN NOTES

(b) The Mansion Above.

It is through Right Meditation that we reach this height of understanding. Through PRAYER indeed. There is a mansion above through which shines down the great central Light of the Paraclete or Holy Spirit, and through this descending column the prayers of those who seek the Light ascend to the higher spheres. Says Count de Gabalis : "The gateway of this mansion, known to Kabalists as the Sixth House or Hierarchy, is guarded by Two Wonderful Beings (Cherubim). The Beings symbolize the union between the human and divine, for prayer is but the bringing together of these opposites. The divine mingles with the human so that it also may become divine ; and man's thoughts ascending into the Light are taken up by these Intelligences who judge them and summon the Hosts of their Realm to grant, according to Law, the requests made."

Then he adds, and all of us in Mentalphysics understand this : "When you pray, think! Shut out all lower thoughts. Approach God as you would the entrance to the Holy Place. ASK if it be well to demand to be given wisdom according to Law. Be strong in purpose and firm in demand, for as you seek and demand power of a spiritual nature you will balance that power in self on the lower planes."

It is to penetrate beyond these lower planes or spheres of illusion that Jesus said, "When you pray, SAY" these things, (We have, of course, learned already the importance of using rightly THE WORD). By a direct and positive effort, we have to reach the higher spheres of consciousness, leading ourselves further and further, through The Light, to the Center of the Sun - The Celestial Kingdom. In Meditation, we must let our thought be clear and concise, for a sincere, positive and well-defined prayer harmonizes Man with God . . . takes us nearer and nearer to the Higher Ones of the Celestial Kingdom. On the other hand, an idle or unthinking prayer or affirmation in meditation, without definite expression, becomes an affliction to the mind and destroys its receptivity in The Light. A fervent prayer or affirmation in meditation crystallizes the mind so that other forms of thought cannot enter, and prepares it to receive a response from the God Within, from the Higher Ones in the Celestial Kingdom.

Prayer or meditation on the Celestial Kingdom, the Highest Source that man is capable of imagining, is a path to Wisdom Found. Thus we enter the Holy Empire, where the Royal Secret is disclosed. When it is disclosed to us, there is no need to talk about it. Indeed, we cannot. All that we can do is to LIVE IT, and the Light shines of itself.

So we see the correspondence between the Celestial Kingdom and Right Meditation - the one the place or state or quality ; the other the method or the way.

(c) The Eternal Battle.

Life to every living thing is a battle. To fight that battle heroically and well is the great divine purpose of every man's existence who is worthy and fit to live at all. To stem the currents of adversity, to advance in spite of all obstacles, to snatch victory from the jealous grasp of fortune, to become a chief and a leader among men, . . . in short, to discover life and understand its laws and bask in its force is the reward of the battle nobly engaged in. But the battle of life is won not in personal action, but in spiritual silence and non-action. We practise and practise, and come at last to know that the warrior is within us, and he fights the battle. (Several thoughts of this nature will come to you from the Bhagavad Gita, which you have read, of course.)

The Celestial Kingdom is the kingdom of Love and Wisdom and Justice, and the greatest of these is each of the three, for the three are but The ONE. Seek ye, then, the Kingdom!

Right Meditation, as I trust, My Beloved, all of us in the Inner Chamber have learned, or are zealously practising to learn, is the state of a mind at peace, clear of

THIS SPACE IS FOR YOUR OWN NOTES

perception. Distortion and illusion have vanished, and we have come face to face with the Reality . . the Radiant Light, the radiant shining brilliance of the Celestial Kingdom. There is no other way. You may study and read, and read and study, but unless in deepest humility you practise the Sacred Art of approaching the Throne, you keep back from your own unfoldment the Truth of your Being and the Truth of the Being of Every Living Thing of which you are a part.

How grateful we are! How, looking back, we can now say that we have come in some measure to understand the Substance of Life. In Mentalphysics we have learned how to examine it - made our experimentation - burned our fingers perhaps, and in our mistakes have led ourselves a little further along the Path of Knowledge - have found that it works, for there are many things in our life that have come nearer to the divine adjustment, so that we can say we now KNOW them for ever and ever. But we are still young in the Art. We are but apprentices.

Your Teacher, at thirteen, went to learn his trade in the old European system of serving a seven-year apprenticeship. I shall never forget that morning - cold and bleak, and I, a little toddler commencing the way to "face the world." How I was bully-ragged by all the higher apprentices! I was apprenticed to printing and kindred trades, highest of the arts, I was told. But at the start only the mean and menial things were given to me to do. I was anxious to learn, and I did not care to undergo all that drudgery of the early training which I was assured was necessary. I rebelled. It may be necessary for others, I declared, but not for me. In each of those seven tedious years there were certain definite things that I had to learn, and to learn them I had to do them over and over again. What a tedium it was! But after the second year I, too, began to take a little authority over the apprentices younger than I was. Then I commenced to master the early laws of the art - then I was taught more and more - with the result that in my seventh year all the other apprentices were under my jurisdiction and control. I had learned and had become a master of the art to some degree. Fancy my pride, then, on the exact day that completed my seventh year, marching up to receive my parchment which bore testimony to the fact that I was a full-fledged master-craftsman. (This would be an interesting and human story, but I have no space in these Commentaries for comment of this kind.)

But it is the same with us all in Mentalphysics. We are going through our apprenticeship. Many want to leave the nest almost before they have entered it, and to declare that it is not possible to fly before they even have the remotest notion of the balance necessary for flying to be carried out.

So, My Beloved, go within yourself, and know that you are of the world, but that you are not in the world - you are a mortal, but you have entered into the battle leading to immortality, and meanwhile you conduct yourself as an immortal among mortals.

You know the Law - you have the Key - you have discovered that the secret of Life is within you - and by faithful practice of the elements of the Law of Living, you are going forward on The Path. God bless you. May the Higher Ones become increasingly known to you, through your own humble practice to dwell in the sacred shadow. Be not deceived - it is not a bed of roses ; there is but one Path to Freedom, and there is but One Way. What makes it hard for us is not that there is not enough LOVE in LIFE, but that we have turned away from it; and because we have been swimming against the Stream so long we fail now to immediately recognize the way the Stream is flowing when we meet the Stream. But we are joyously on our Way - and we give thanks.

May this week unfold for you more of the Great Mystery that is locked up in the sacred Heart of Life. "Be ready to launch forth, my heart! Let those linger who must. For your name has been called in the morning sky. Wait for none!" - Tagore.

Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

DINC

Written in Faith at
Los Angeles, California, U.S.A.
End of The Twenty-Ninth Commentary

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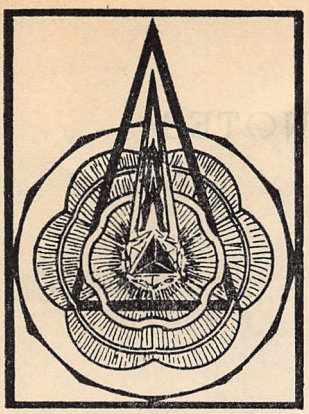
THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY **30**

"THE ROYAL SECRET" (nine)—The Absolute (God); Right Rapture, the Wisdom of Submission; Final Cause of All Life Expression and Ascension of The Heights.

Breathing Exercises for the Week :

1. See the sun rise again this week. As you watch the rising of the Sun, breathe . . . that is, breathe silently. Be up before the actual break of day, and see the sunrise from the very start. Sit silently, and as the Light comes FEEL THAT IT IS COMING DIRECTLY, WHOLLY, INTO YOU. Imagine that it is coming in through your nostrils, through your eyes, through every pore in your body . . feel that you are breathing in the Light through your bones, and feel so charged with Light and Life typified in the Sun that your whole being is aflame with Light just as you see the whole sky aflame.

Meditation for the Week :

Same as in your Twenty-eighth Commentary, intensified by the feeling of the sunrise. Then throughout the week, KNOW THAT IT IS TRUE, and let your life portray it. Not a single moment of thoughtless dreaming, but constant watchfulness that every phase of life, from the very physical breathing on to your every thought, is the full expression of "WHATEVER THE CREATOR IS, I AM."

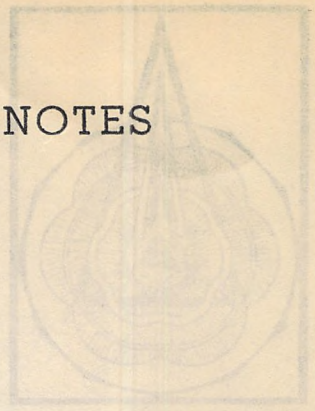
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This week we come to the final step in the Royal Secret, the consideration of God, the Absolute. In the Noble Eightfold Pathway of Enlightenment this understanding of God is RIGHT RAPTURE.

Rightly, one should spend the week much in the Silence, for only in the Silence of the Eternal can we find and know the Lord of the Eternal. In commencing this Commentary for you, I feel that I have no words - for words are ever a futile method of true expression. I feel that you and I together must stand in The Presence, . . must realize The Presence, . . must be so filled with the Light of The Presence that we lose ourselves in reverence, in adoration, in veneration of The One -- and thus come to know that we ourselves are That in Human Form.

THIS SPACE IS FOR YOUR OWN NOTES



To endeavor to explain or define or describe The One is sheer profanity. All of us have read books about God. All of us have thought much about God. All of us have yearned to find God. Now in Right Rapture, we stand Facing The Light - knowing, yet not being able to speak . . . feeling, but not being able to define, . . so entirely filled with the Love and Wisdom and Light of God that we discover that all that we can do is to EXPRESS God in all that we do, living and thinking and feeling and doing as unto God, the Father of Life.

(a) Living Is Knowing.

As I write I feel a great responsibility towards you and towards Life. I know that every human being who has the power to think must realize and does realize the truth of the Oneness of God, from whom All comes - to whom All goes. But only in relation to the degree to which we express God in our lives can we understand God. If we say that we understand that God is within us and that we are within God, and do not express the God-quality of our Life, we rightly do not KNOW GOD. And the great majority of seekers of Truth are like that. They say that they know God, but the Truth of the God-quality of Life does not shine through their lives -- consequently, they do not truly know God.

We in Mentalphysics should think about this all the time -- that it is only as we reflect the God-quality of All Life, in all that makes up our life, can we truly KNOW, because living is Knowing.

There are many people who can write about this subject better than this writer. But I feel quite sure that there is no method or system that will enable us, through right practice, to come into adeptship more efficaciously than Mentalphysics. And for that, all that I can do is to Give Thanks.

Many people can talk most glibly about Life, yet they do not live. And if you will watch what goes on about you among human beings, you will find that by far the great majority of human beings are in this category. The eternal spirit of Wisdom in man compels him, however, in spite of his failure of expression of God-quality in his life, to hold on to the possibility. But he does not see that he has been thinking anthropomorphically - he has been thinking of God (no matter what name he has employed) as something away, apart, beyond . . . a true Ideal to be attained, it is true, but always out of reach. Whereas the TRUTH of LIFE is that God is in us - in our Mind - to be understood increasingly by us as we increasingly, through practice, raise the rate of vibration of life that allows us to understand Life. The Royal Secret is to KNOW - to KNOW that we KNOW - to FEEL that we KNOW that we KNOW . . . and finally, to lose ourselves in it, because we have come to fully know it and be it.

(b) The Ideal Friend.

The probability is that some one, uninitiated in our sacred science, reading what you are now reading, might be inclined to say that he could explain it much more clearly - that he could write a much better Commentary than this. And doubtless he could. But, My Beloved, I have never attempted, and never will attempt, merely to place words side by side in cold mathematically spiritless order . . . what I want as your Teacher is to so commune with you through the agency of my Soul that your Soul will respond and understand.

We truly are Sons and Daughters of the Living God. We are "WHATEVER THE CREATOR IS" in the form of life that we now enjoy. We have precisely what we deserve - no less, and it cannot be more. We are what we are. We are what we are by virtue of having used what we have and are in the way that we have used it. We have made mistakes,

THIS SPACE IS FOR YOUR OWN NOTES

and, if wise, can trace our profit by every mistake made. We have gone through this life, struggling, hoping, believing, wishing, and most of our activity has been used in chasing the rainbows. The heartaches ! The disappointments ! The failures ! The rebellions and tortures ! The troubles, adversities, the frowns of fortune, the blights and blasts and afflictions ! What a life it has been for most men ! All because we have been trusting to something outside of ourselves. It is the same on all planes of life. In human relationships - where is the Ideal Friend? A lifelong friend of mine, with whom in my geographical profession I used to work in China, was a man whom I believe I almost fully understood. But how many friends have YOU like this? Talking together one starry night, as we sat on the roof of the highest building at that time in Shanghai, we were discussing the Ideal Friend . . . "But Dingle," said he, "there is no Ideal Friend, though you may find an ideal friendship." I rather questioned the statement at the time, but I feel that I can endorse it now. It is extremely difficult, possibly impossible, to find among human beings that ideal friend. All ancient philosophy teaches us Indifference, the meaning being that we must practice indifference to all that happens in the realms of life that seems to be outside. Human beings constantly disappoint us, but what of it? It is not to be wondered at that others disappoint you, for have you not disappointed yourself a million times - then why be surprised when others disappoint you?

No, the only Friend is The One, in whom we live and move and have our being. He, It, That Alone is to be depended upon ; but only to the degree that we practice the Way, the Truth and the Light. "Come back to God," has been the command of the religionist down through the ages ; and the only thing wrong with the doctrine has been that we were not taught the way to come back. We in Mentalphysics have found the way. Into our hands has been put the Key, and we are learning, through practice, rightly to USE IT.

What a blessing it is to know that we have learned this much - that "I and My Father are ONE". What a blessing to know that The Father actually IS - so that we know it to be nearer than hands or feet. What a blessing to know that whatever we read - whether it be a novel or the Bible or any book on philosophy - we are able to understand what is hidden, for we know that the meaning of Life Itself is hidden always.

(c) The Wisdom of Submission.

And what a time lies ahead of us ! We in Mentalphysics are ready for the Great World Awakening that is to come, and if there is a body of people at present on this planet who have cause to give thanks, it surely is ourselves. Let us, then, give thanks - in the true meaning as we have it in our Own Spiritual Breath. Let us see to it that we are always about The Father's Business, bringing others into The Light. That, now that we know, is the only reason for our living at all. The late George Muller was once asked what was the secret of his wonderful service and phenomenal successes, and he replied : "There was a day when I utterly died - utterly died (and as he spoke these words he bent forward lower and lower until his head almost touched the floor) - died to George Muller, his opinions, preferences, tastes, and will ; died to the world, its approval and censure ; died to the blame or approval of brothers and friends ; - and since then I have studied only to show myself approved of God."

We, of course, know what he meant. May this coming week find you in the same spirit. For, though I have gone but a little way along The Path of Enlightenment, I have learned that Right Rapture is only to be gained when we realize ourselves as God - living not unto ourselves (for there is no further need to do this, for we have all and are all), but unto every living thing, ever sending out our own divinity to meet the divinity in All Life.

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Theological controversy is ended - "They say - what do they say? - let them say!" We have come to the road where there is no further turning. We have found our God, and in Him we rest - in Him we know, and we know that we know - in Him we think, and we know what thought is and how we think, - in Him we have our being, and how we have being in Him is known to us only in The Great Peace that passeth knowledge.

So we Nobles of The Light have found our God. I have found my God in you - may you find your God in me . . . we become God as we serve our fellow men, for that is the sole purport of our being. We have found the SUBSTANCE of God - a substance strange to us, though we have always felt that we know something about it, though we have followed in its wake and tried to overtake it, though in the darkest days we have seen glimpses of its pure translucence . . . and that substance is LOVE. What is Love? None can give a perfect definition in any way other than through the activity of love, for we can know love only by its effects.

Love is the Spirit of Life. Love embodies Wisdom. Love is Light. When we know Love we can say :

"Infinite Wisdom!
Sweetly and mightily dost thou order all things -
In me and my conditions.

"Thou art the wealth of my heart, my mind, my soul, my senses.
"Thou art my Divine Supply.
"I am satisfied with Thy goodness.
"My soul is as a watered garden, and I shall not sorrow any more."

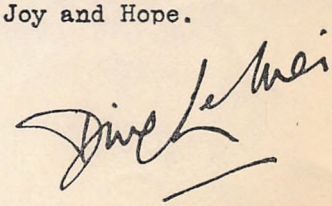
When truly we know Love we read its Law in terms of personal health, personal joy, personal harmony and peace, personal energy on all planes of life, personal supply on all planes of life, . . . we read its Law in all things from the infinitesimal to the universal, and when we have found Love we have found Justice, Faith and Hope. In finding Love, we have found God. For us Nobles of The Light, we must live for Love, we must die for Love, for only in Love do we find the Resurrection, which is RIGHT RAPTURE. As Jacob Boehme wrote : "Our whole doctrine is nothing else but an instruction to show how men may create a kingdom of Light within himself . . . . He to whom this spring of divine power flows, carries within himself the divine image and the celestial substantiality. In him is Jesus born from the Virgin, and he will not die in eternity."

This coming week, think - be happy - give thanks.

YOU ARE THAT. You know Right Rapture, for you are Love. You are the Creator ; through Right Rapture you follow the Path to the Absolute, the ever-present "I AM" within you NOW. God bless you; the Light of the Divine Wisdom is now enlightening you.

Peace be unto you all ways.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Thirtieth Commentary,
Inner Chamber.

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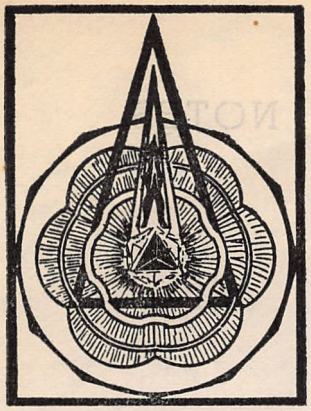

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COMMENTARY **31**

"THE ROYAL SECRET"—(Retrospective): Review of the Truth of Life; Wisdom at Your Own Door; "I Am God in Human Form"—You Must Realize It For Yourself.

Y O U R F I R S T W E E K O F R E S T

BREATHING EXERCISES FOR THE WEEK :

1. Engage only in silent breathing. It would be ideal for you this week if you could make this a week of real rest. You must engage in your daily occupation, but try not to have any social engagements - be much alone - be "lazy" - feel that you are resting in The Law.

MEDITATION FOR THE WEEK :

"I AM LIFE . . . I AM LIGHT . . . . I AM GOD IN HUMAN FORM."

(What you have just read are merely words, and they will mean nothing to you unless you are able to FEEL that when you SAY that "I AM GOD IN HUMAN FORM" YOU TRULY KNOW THAT YOU ARE GOD . . . YOU ARE GOD . . . Y O U A R E G O D. Therefore, rest and "feel after Him, if haply ye may find Him." I wish that I could write these words down in letters of pure gold for you . . . but you will be able to see that they are pure gold, the pure gold of the Truth of you and of your Being. May you be happy in that Peace which passeth understanding as you contemplate this Truth of your Life.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

During this week and next week I counsel you to study all the Commentaries from The Twenty-second on through to The Thirtieth.

You may say that you have studied them . . . well, study them again - and again - and again. When I first went to Tibet, and entered my old temple, all was very strange to me. I shall never forget that day; and for the benefit of you who are away from me and who have never heard me tell of my experiences there,

THIS SPACE IS FOR YOUR OWN NOTES

I shall recount in this Commentary some of my early experiences. You may recall that I had come across China after many years of travel and hazard and illness and discomfort. I had always been an earnest seeker.

It was on the verandah of a dak bungalow, after having come across China, in Upper Burma that I made up my mind to go to Tibet. It happened in this way. I was very ill, and everyone who saw me told me that I was to die. I did not wish to die, though for several years I had had as much as I could do to keep my body and soul together. I was lying on this verandah dreaming and wondering HOW I could prevent death, when a black man appeared, and told me that I was wanted in Tibet . . . that "they are waiting for you in Tibet." "Who are waiting for me?" I asked ; and the man replied, "Go and find out."

(a) My First Lesson.

Most of my students have heard how I decided then and there to go to Tibet, though I knew it was to be a most arduous task that I was setting myself.

I started, and in due course came to a temple which I at once recognized, though in this life I had not seen it before, because I had never been into those regions. I went into the temple - knew my way about - seemed to find everything quite familiar. After several days in the silence - enforced, because I was in such low physical condition - he who is now My Master came to me, as I lay on a bed of straw. Some day I hope that every one of my students will be able to hear me tell of that first conversation with the man who, above all other men, brought me more Light than I have received from any other person in this incarnation. He promised to teach me, and when he said this the light in his face was as the rising of the sun in summer.

When I expressed a desire to learn, he did not teach me, however. The very first question that I asked him went unanswered . . . indeed, worse, for his answer, quite curtly, was "GO - and FIND OUT!" I was awestruck for the moment. I could not understand, yet he would not say a single word to me by way of explanation. Time went on, and gradually I discovered that I had the power, and I sometimes exerted the power, to find out for myself. Whenever I showed any desire to know, then he taught me ; but he would teach me nothing until I had first tried to "find out."

He explained to me that if he told me anything I would doubtless forget, but if I found it out for myself, I would remember. And I feel somewhat like this towards you as my student : I would far rather have you "find out" than try to explain every little detail for you, for whenever knowledge comes to us easily we rarely appreciate it. Indeed, it is the same with everything : a boy who is left his father's fortune more often than not squanders it . . . but find the boy who has to work hard for what he gets, and you have found someone who rarely wastes and fully appreciates what he has. Nature opens her bosom only to those who are earnest, and all of us have to struggle upward to realize the verities of life. Only by struggle and experiment and effort do we penetrate the mysteries and make the mystery our own.

> "I will meet one day the Life within me, the joy that hides in my life, though the days perplex my path with their idle dust.
>
> "I have known it in glimpses, and its fitful breath has come upon me, making my thoughts fragrant for a while.

THIS SPACE IS FOR YOUR OWN NOTES

"I will meet one day the Joy without me that dwells behind the screen of light - and will stand in the overflowing solitude where all things are seen as by their creator." - Tagore.

(b) Wisdom Is At Your Door.

In your Commentaries Number Twenty-second on through to the Thirtieth, I have presented to you an outline. Study it - and again study it. If you wish, re-write it. Take it and transmogrify it. It has flowed hot from my fingers to you, as the Spirit of Wisdom flowed through me. You improve upon it, and make it your very own.

If I were you I would read these Commentaries through once each day for this week, holding the thought as you study that "I AM LIFE . . . I AM LIGHT . . . I AM GOD IN HUMAN FORM!"

I would, in meditation, so reverently analyze each word that at the end of my week's meditation I would not only know what LIFE is, but I would FEEL Life in me, and feel myself in Life, in a manner as to transcend any previous understanding. I would reach the "high point" this week, and this "high point" should be the starting point for the following week . . . and so on through all the days; thus WOULD I GROW TO BECOME IMMOVABLY ESTABLISHED IN THE TRUTH THAT I A M G O D I N H U M A N F O R M.

For that is the final Truth, my Beloved. But this Truth I cannot give to you.

Through our Mother, Mentalphysics, - in whose presence we stand in reverence - I can show you the way to realization ; but it is The Law that you must realize it for yourself.

How I wish that every student of mine throughout the world could gather this week at The Institute . . . that we could all go over the work that Mentalphysics is doing . . . that we could each understand the power that is in our hands to do good and bring Light! As your Teacher, - as your Elder Brother, - I want us to all realize what a privilege is ours. By this time I trust you have found that Mentalphysics is REAL, and that those who are at its head desire truly and unselfishly to help our fellow men. YOU, too, desire this ; and I hope that you are taking every advantage of your privilege.

(c) A Personal Appeal To You.

This week I wish to make a personal appeal to you. You may, or may not, know that Mentalphysics is performing miracles. During the last seven or eight years, during the time that Mentalphysics has been going through the testing time, your Teacher Ding-Le-Mei has given his personal fortune to the work. When I became a public Teacher I declared that none should use his substance while I myself possessed any, believing that when I had brought Mentalphysics up to the point where it was proved and tested, I would have no difficulty in attracting all the substance necessary to allow our Mother to continue in her great work. That time has now come when our Mother needs substance in the form of money to tide her over a crisis.

Mentalphysics has grown very rapidly - is growing so rapidly that we seem to have outgrown our substance. As you know, The Institute of Mentalphysics is a non-profit corporation under the laws of California. The evidence of the good that we are doing right around the world is beyond our fondest hopes. In September of 1934 we entered into an agreement to buy our beautiful buildings, of which you have seen

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illustrations, over a ten-year period ; and in this Commentary I am making a personal appeal to you to help us if you feel that you can help and if you yourself have gained sufficiently through Mentalphysics as to be prompted to give what you can.

Our programme for the next few years is a very comprehensive one - we shall have our own church with an international membership ; we shall build our own orphanage and school for the fatherless and motherless ; we shall have a home for aged people who are worthy ; The Institute will grow into a great international university of learning.

But at present we need SUBSTANCE. I shall say no more - only this : that when you read this, sink into meditation, and get to KNOW what YOU must do. Feel the Creative Intelligence instructing you, and then, using the form which will be enclosed with your Commentary, please help us and send in what you can. And as you send it in, endow it with your Love and with your Light . . holding the thought that those who have its administration in hand shall be given wisdom from On High wisely to administer it so it may multiply for Good for all time, and until time shall be no more. This appeal would not go to you if it were not necessary, but I feel that you know the spirit in which it is made.

Let us share what we have with others who have less, knowing that the Law of GIVING is the Law of Life -- for we have only that which we give.

So, My Beloved, I leave you this week. But as I leave you there are sent to you great waves of Light - and Love - and Power - and Youth - and Joy - and Reverence and Peace. As your Teacher, I greet you in love . . I am you, and you are me.

Peace shall embosom you this week! Light shall bathe you! Peace and Abundance and Joy shall walk hand in hand with you, Love ever ministering unto you!

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Dino Kenai

Written in Faith at
Los Angeles, California, U.S.A.

Special Note to Commentary No. 31: Since this Commentary was originally written, we have made very great strides in Mentalphysics, and it is my great joy to inform you that in the spring of 1944 we were able not only to burn the mortgage on our Headquarters Building in Los Angeles, but also the mortgage on our City of Mentalphysics property in the beautiful Yucca Valley in California. Indeed, as I say above, the Institute is rapidly growing into a great international university. All that we can say is "I Give Thanks!"...D.L.M.

End of The Thirty-First Commentary,
Inner Chamber.

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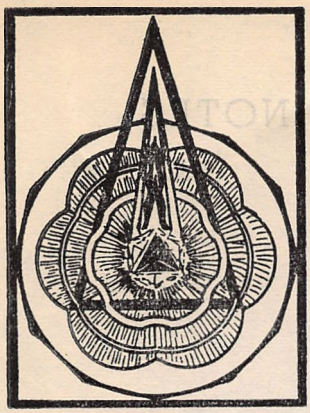

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COMMENTARY **32**

MEDITATION ON THE SEVEN GREAT WORDS—Joy, Gratitude, Reverence, Breath, Sound, Light, Silence; Finding the Hidden Meaning of the Seven Essentials; A Great Lesson.

BREATHINGS FOR THE WEEK :

1. Go through ALL your Breathings - that is, from the Memory-developing to Your Own Spiritual Breath one each day this week. See how you have improved (or not improved, as the case may be), and make written notes upon those Breaths in which you think you are weak. Note any phenomena that any of the Breathings may bring to you. Let this be a week of Life, and Life More Abundant.

MEDITATION FOR THE WEEK :

1. The Same as in your Thirty-first Commentary.

I JOY
II GRATITUDE
III REVERENCE
IV BREATH
V SOUND
VI LIGHT
VII SILENCE.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In giving attention to your last Commentary, I trust that you have been inspired to make an effort on behalf of our Mother, Mentalphysics, in her present time of need ; and that you have already, with joy and gratitude, sent to The Institute your donation on behalf of the Building Fund. If you have done so, you will have been conscious of a continual outpouring of a feeling of Peace and

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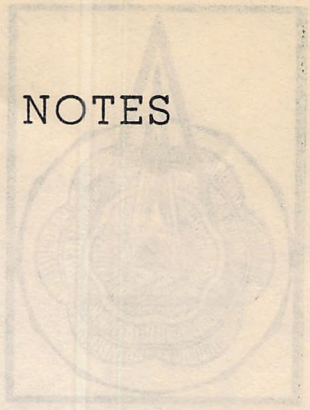

Divine Love, and if you have not done so, I lovingly counsel you to consider whether you should not, for your own benefit as well as for the benefit of our Mother, help with the freeing of The Institute building from debt. I know that if you can do so, you will.

In this present Commentary I wish to crystallize for you, in the use of as few words as possible, what we have so far learned in Mentalphysics. The Seven Words are : Joy - Gratitude - Reverence -------- Breath - Sound - Light ---------- SILENCE.

In class work at The Institute, in Your Own Spiritual Breath we refer to The First Triangle. Having come through all our Breathings - from the Memory-developing Breath on through to The Grand Rejuvenation Breath - we have arrived at the threshold in Your Own Spiritual Breath. Here we enter upon the unfoldment of the knowledge of the LAW of Life Itself.

(a) To make the meaning of the Spiritual Breath more clear to us, we visualize the basic positive current of the Universe and the basic negative current of the Universe. To do so, we think of a "great White Bird," and see ourselves in ecstacy reclining against its positive wing, THINKING JOY - which is the sole positive fluid of Life Itself. Joy we know to be the substance which propels the fluids of Life. Joy is the positive current of All Life.

(b) Then we see ourselves reclining against its negative wing, and visualize and within our being FEEL GRATITUDE.

(c) And in the spirit of Joy and Gratitude, we know REVERENCE. These three, JOY, GRATITUDE and REVERENCE form The First Triangle.

(a) Simplicity of Joy and Gratitude.

When your Teacher began, many years ago, to condense the expression of Life in the Teaching of Mentalphysics, he sought for simplicity. I wished to show myself, and to show my students, how wonderful Life is in all aspects. I sought simplicity of ideas. I saw that I could write many books ABOUT it, but HOW COULD I MAKE MYSELF FEEL LIFE, and HOW COULD I MAKE MY STUDENTS FEEL LIFE ? Suddenly, there flashed into my mind with consuming strength these two majestic sentences :

B E H A P P Y ! and

G I V E T H A N K S !

And the more I thought upon and felt within my spirit the inner meaning of these two simple sentences, the more I became conscious of a great reverence for my very power to think. There came to me, as never before, a great unfoldment of the majesty of God and His Works in the macrocosm and in the microcosm, and the result was that these three words - Joy, Gratitude and Reverence - have formed strategic points in the seven-word understanding of life through Mentalphysics.

Then, as we went on, following the path of simplicity, and being rooted in joy and knowing gratitude and standing in reverence, we came to the right understanding of BREATH, which IS Life.

Through practice, there followed an unfoldment of the true meaning of Breath, so that in due course we confidently approached THE WORD (SOUND), the WORD OF GOD,

THIS SPACE IS FOR YOUR OWN NOTES

which was in the beginning. An understanding of Breath led us from Breath to Breathlessness . . . . and understanding of Sound led us from Sound to Soundlessness . . . . on, on to SILENCE.

Thus the story of the seven-word understanding.

(b) We Can Find The "Hidden Meaning".

I confess that what I have just written will have no meaning to the outsider - he would wondor what we are writing about. YOU will understand according to your power to understand, and according to the practice that you have undertaken of the seven words.

The purport of this Commentary is to teach you to think much about the words that you use. SOUND is the Life of you, for your Sound is the Word of God within you. But SOUND in its real sense is Silence -- and Silence is Pure Gold.

Therefore, let us gather some ideas upon the Seven Words that lead us into The Silence. This Commentary will form a key to much that will appear in subsequent Commentaries, so I would advise you to this week make your own notes and keep them for future reference as your unfoldment gradually takes place within you.

1. J O Y .

Joy is the greatest asset of life. To Be Happy is the essence of life perfection. As you contemplate Joy, you will see that all life manifests itself in Joy. You and I were made in Joy. When we feel Joy, so that we literally become Joy, we are revivifying ourselves on all planes of life. It is evident that we can only know Joy in exact relation as we know GOOD (God), and when we are so happy that Joy pervades our whole being, we are renewing ourselves (a) In our physical bodies, for Joy sets in motion all the physiological processes that make for perfect health and perfect physical expression ; (b) in our mental bodies, for joy makes us glad and rids us of all darkness of the mind, and all inertia, so that we are transformed by the renewing of our minds because Joy is established within us ; and (c) spiritually we become one with the Author of Life who has made ALL THINGS well.

2. G R A T I T U D E .

Whenever we feel perfectly happy, we cannot but Give Thanks, feeling Gratitude towards every living thing, and towards the author of every good and perfect gift . . . towards God, expressed in our Higher Self. If ever you have felt so divinely happy and grateful that you feel that you could give everything that you possess to those who have less than you have, and wish to share the secret of your gratitude with others who have not ascended to the height of such Wisdom, you will know what I mean. To be Happy means to be grateful, for Gratitude is the offspring of Joy.

3. R E V E R E N C E .

And in Joy and Gratitude, we feel reverent to All Life. We are so transformed and overwhelmed by the beauty of all life - of our physical being, of our own minds, of the spiritual Oneness of ourselves in God and God in us, that all we can do is to stand in reverence before the Wisdom that enables us to Know The Light of Life.

THIS SPACE IS FOR YOUR OWN NOTES

4. B R E A T H .

We have learned that Breath IS LIFE. This week, contemplate what you know of your Breath. You will be practising, and thus you will make comparison with what you now know of your Breath and what little you knew when you first started in Mentalphysics.

5. S O U N D .

We have not yet learned much about our own Sound, though we do know that we become WHAT WE SAY. We are to learn much more about the immeasurable power of Sound in due course. "In the beginning was The Word, and The Word was with God, and The Word WAS GOD" (read the first chapter of St. John again, seeing the importance of Sound, and its relation to Life Itself.) Also during this week guard the tongue, so that you do not say a single word that you do not know to be true. For when we understand what Sound is, in the true spiritual sense, we learn that Sound is the "switch" that turns on the Light of Us.

6. L I G H T .

As you have already learned, you read in your own body ("MY WHOLE BODY") the story of the sun, moon and stars. And you read the story by means of your own LIGHT, the Light of the Divine Wisdom that is in every living thing. Your Light is the Great Mystery . . your Light is the pure gold of you . . . it is the Secret of the Golden Flower within you. Practice seeing the Light this week. Develop the Light, make notes ; analyze as carefully as possible.

7. S I L E N C E .

Silence is the answer to what is called "Death." As you know the Silence, you know Life, and escape "Death." Silence is golden, and the Light of you, as I have said, is the pure gold of you.

Your present Commentary purports to inspire you to think on these seven words, and the more you THINK about them the more you will learn their inner meaning. For example : In thinking of Light, think that there is a "mansion" above through which shines down the great central Light of the Divine Wisdom (or Holy Spirit), and through this Light there is symbolized the union between the human and the divine. The divine mingles with the human so that it may also become divine; and your thoughts, ascending into the Light, are taken up by the Higher Intelligences who judge them and summon the hosts of the higher realms to grant what, through sound - leading to Silence - is declared and demanded.

In using Sound, according to the degree of our concentration, we shut out all lower thoughts. Meditation is prayer, and when we affirm anything we are well on our way to realize it. Thus we should this week THINK about these things.

I know that you will be happy as you energetically think on these seven mystic words. Be happy ; give thanks ; praise the wondrous Spirit of Light that enables you to think, and if you have been faltering renew your zeal. Spiritual unfoldment comes slowly, but it does come - and it comes exactly according to our individual effort to realize.

Peace be unto you today - and all the days.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Dine Le Shan

Written in Faith at
Los Angeles, California, U.S.A.
End of The Thirty-Second Commentary, Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **31**

"THE ROYAL SECRET"—(Retrospective): Review of the Truth of Life; Wisdom at Your Own Door; "I Am God in Human Form"—You Must Realize It For Yourself.

YOUR FIRST WEEK OF REST

BREATHING EXERCISES FOR THE WEEK :

1. Engage only in silent breathing. It would be ideal for you this week if you could make this a week of real rest. You must engage in your daily occupation, but try not to have any social engagements - be much alone - be "lazy" - feel that you are resting in The Law.

MEDITATION FOR THE WEEK :

"I AM LIFE . . . I AM LIGHT . . . . I AM GOD IN HUMAN FORM."

(What you have just read are merely words, and they will mean nothing to you unless you are able to FEEL that when you SAY that "I AM GOD IN HUMAN FORM" YOU TRULY KNOW THAT YOU ARE GOD . . . YOU ARE GOD . . . Y O U A R E G O D. Therefore, rest and "feel after Him, if haply ye may find Him." I wish that I could write these words down in letters of pure gold for you . . . but you will be able to see that they are pure gold, the pure gold of the Truth of you and of your Being. May you be happy in that Peace which passeth understanding as you contemplate this Truth of your Life.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

During this week and next week I counsel you to study all the Commentaries from The Twenty-second on through to The Thirtieth.

You may say that you have studied them . . . well, study them again - and again - and again. When I first went to Tibet, and entered my old temple, all was very strange to me. I shall never forget that day; and for the benefit of you who are away from me and who have never heard me tell of my experiences there,

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I shall recount in this Commentary some of my early experiences. You may recall that I had come across China after many years of travel and hazard and illness and discomfort. I had always been an earnest seeker.

It was on the verandah of a dak bungalow, after having come across China, in Upper Burma that I made up my mind to go to Tibet. It happened in this way. I was very ill, and everyone who saw me told me that I was to die. I did not wish to die, though for several years I had had as much as I could do to keep my body and soul together. I was lying on this verandah dreaming and wondering HOW I could prevent death, when a black man appeared, and told me that I was wanted in Tibet . . . that "they are waiting for you in Tibet." "Who are waiting for me?" I asked ; and the man replied, "Go and find out."

(a) My First Lesson.

Most of my students have heard how I decided then and there to go to Tibet, though I knew it was to be a most arduous task that I was setting myself.

I started, and in due course came to a temple which I at once recognized, though in this life I had not seen it before, because I had never been into those regions. I went into the temple - knew my way about - seemed to find everything quite familiar. After several days in the silence - enforced, because I was in such low physical condition - he who is now My Master came to me, as I lay on a bed of straw. Some day I hope that every one of my students will be able to hear me tell of that first conversation with the man who, above all other men, brought me more Light than I have received from any other person in this incarnation. He promised to teach me, and when he said this the light in his face was as the rising of the sun in summer.

When I expressed a desire to learn, he did not teach me, however. The very first question that I asked him went unanswered . . . indeed, worse, for his answer, quite curtly, was "GO - and FIND OUT!" I was awestruck for the moment. I could not understand, yet he would not say a single word to me by way of explanation. Time went on, and gradually I discovered that I had the power, and I sometimes exerted the power, to find out for myself. Whenever I showed any desire to know, then he taught me ; but he would teach me nothing until I had first tried to "find out."

He explained to me that if he told me anything I would doubtless forget, but if I found it out for myself, I would remember. And I feel somewhat like this towards you as my student : I would far rather have you "find out" than try to explain every little detail for you, for whenever knowledge comes to us easily we rarely appreciate it. Indeed, it is the same with everything : a boy who is left his father's fortune more often than not squanders it . . . but find the boy who has to work hard for what he gets, and you have found someone who rarely wastes and fully appreciates what he has. Nature opens her bosom only to those who are earnest, and all of us have to struggle upward to realize the verities of life. Only by struggle and experiment and effort do we penetrate the mysteries and make the mystery our own.

> "I will meet one day the Life within me, the joy that hides in my life,
> though the days perplex my path with their idle dust.
>
> "I have known it in glimpses, and its fitful breath has come upon me,
> making my thoughts fragrant for a while.

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"I will meet one day the Joy without me that dwells behind the screen of light - and will stand in the overflowing solitude where all things are seen as by their creator." - Tagore.

(b) Wisdom Is At Your Door.

In your Commentaries Number Twenty-second on through to the Thirtieth, I have presented to you an outline. Study it - and again study it. If you wish, re-write it. Take it and transmogrify it. It has flowed hot from my fingers to you, as the Spirit of Wisdom flowed through me. You improve upon it, and make it your very own.

If I were you I would read these Commentaries through once each day for this week, holding the thought as you study that "I AM LIFE . . . I AM LIGHT . . . I AM GOD IN HUMAN FORM!"

I would, in meditation, so reverently analyze each word that at the end of my week's meditation I would not only know what LIFE is, but I would FEEL Life in me, and feel myself in Life, in a manner as to transcend any previous understanding. I would reach the "high point" this week, and this "high point" should be the starting point for the following week . . . and so on through all the days; thus WOULD I GROW TO BECOME IMMOVABLY ESTABLISHED IN THE TRUTH THAT I A M G O D I N H U M A N F O R M.

For that is the final Truth, my Beloved. But this Truth I cannot give to you.

Through our Mother, Mentalphysics, - in whose presence we stand in reverence - I can show you the way to realization ; but it is The Law that you must realize it for yourself.

How I wish that every student of mine throughout the world could gather this week at The Institute . . . that we could all go over the work that Mentalphysics is doing . . . that we could each understand the power that is in our hands to do good and bring Light! As your Teacher, - as your Elder Brother, - I want us to all realize what a privilege is ours. By this time I trust you have found that Mentalphysics is REAL, and that those who are at its head desire truly and unselfishly to help our fellow men. YOU, too, desire this ; and I hope that you are taking every advantage of your privilege.

(c) A Personal Appeal To You.

This week I wish to make a personal appeal to you. You may, or may not, know that Mentalphysics is performing miracles. During the last seven or eight years, during the time that Mentalphysics has been going through the testing time, your Teacher Ding-Le-Mei has given his personal fortune to the work. When I became a public Teacher I declared that none should use his substance while I myself possessed any, believing that when I had brought Mentalphysics up to the point where it was proved and tested, I would have no difficulty in attracting all the substance necessary to allow our Mother to continue in her great work. That time has now come when our Mother needs substance in the form of money to tide her over a crisis.

Mentalphysics has grown very rapidly - is growing so rapidly that we seem to have outgrown our substance. As you know, The Institute of Mentalphysics is a non-profit corporation under the laws of California. The evidence of the good that we are doing right around the world is beyond our fondest hopes. In September of 1934 we entered into an agreement to buy our beautiful buildings, of which you have seen

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illustrations, over a ten-year period ; and in this Commentary I am making a personal appeal to you to help us if you feel that you can help and if you yourself have gained sufficiently through Mentalphysics as to be prompted to give what you can.

Our programme for the next few years is a very comprehensive one - we shall have our own church with an international membership ; we shall build our own orphanage and school for the fatherless and motherless ; we shall have a home for aged people who are worthy ; The Institute will grow into a great international university of learning.

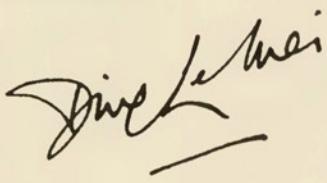
But at present we need SUBSTANCE. I shall say no more - only this : that when you read this, sink into meditation, and get to KNOW what YOU must do. Feel the Creative Intelligence instructing you, and then, using the form which will be enclosed with your Commentary, please help us and send in what you can. And as you send it in, endow it with your Love and with your Light . . holding the thought that those who have its administration in hand shall be given wisdom from On High wisely to administer it so it may multiply for Good for all time, and until time shall be no more. This appeal would not go to you if it were not necessary, but I feel that you know the spirit in which it is made.

Let us share what we have with others who have less, knowing that the Law of GIVING is the Law of Life -- for we have only that which we give.

So, My Beloved, I leave you this week. But as I leave you there are sent to you great waves of Light - and Love - and Power - and Youth - and Joy - and Reverence and Peace. As your Teacher, I greet you in love . . I am you, and you are me.

Peace shall embosom you this week! Light shall bathe you! Peace and Abundance and Joy shall walk hand in hand with you, Love ever ministering unto you!

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

Special Note to Commentary No. 31: Since this Commentary was originally written, we have made very great strides in Mentalphysics, and it is my great joy to inform you that in the spring of 1944 we were able not only to burn the mortgage on our Headquarters Building in Los Angeles, but also the mortgage on our City of Mentalphysics property in the beautiful Yucca Valley in California. Indeed, as I say above, the Institute is rapidly growing into a great international university. All that we can say is "I Give Thanks!"...D.L.M.

End of The Thirty-First Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
32

MEDITATION ON THE SEVEN GREAT WORDS—Joy, Gratitude, Reverence, Breath, Sound, Light, Silence; Finding the Hidden Meaning of the Seven Essentials; A Great Lesson.

BREATHINGS FOR THE WEEK :

1. Go through ALL your Breathings - that is, from the Memory-developing to Your Own Spiritual Breath one each day this week. See how you have improved (or not improved, as the case may be), and make written notes upon those Breaths in which you think you are weak. Note any phenomena that any of the Breathings may bring to you. Let this be a week of Life, and Life More Abundant.

MEDITATION FOR THE WEEK :

1. The Same as in your Thirty-first Commentary.

I JOY
II GRATITUDE
III REVERENCE
IV BREATH
V SOUND
VI LIGHT
VII SILENCE.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In giving attention to your last Commentary, I trust that you have been inspired to make an effort on behalf of our Mother, Mentalphysics, in her present time of need ; and that you have already, with joy and gratitude, sent to The Institute your donation on behalf of the Building Fund. If you have done so, you will have been conscious of a continual outpouring of a feeling of Peace and

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Divine Love, and if you have not done so, I lovingly counsel you to consider whether you should not, for your own benefit as well as for the benefit of our Mother, help with the freeing of The Institute building from debt. I know that if you can do so, you will.

In this present Commentary I wish to crystallize for you, in the use of as few words as possible, what we have so far learned in Mentalphysics. The Seven Words are : Joy - Gratitude - Reverence -------- Breath - Sound - Light ---------- SILENCE.

In class work at The Institute, in Your Own Spiritual Breath we refer to The First Triangle. Having come through all our Breathings - from the Memory-developing Breath on through to The Grand Rejuvenation Breath - we have arrived at the threshold in Your Own Spiritual Breath. Here we enter upon the unfoldment of the knowledge of the LAW of Life Itself.

(a) To make the meaning of the Spiritual Breath more clear to us, we visualize the basic positive current of the Universe and the basic negative current of the Universe. To do so, we think of a "great White Bird," and see ourselves in ecstacy reclining against its positive wing, THINKING JOY - which is the sole positive fluid of Life Itself. Joy we know to be the substance which propels the fluids of Life. Joy is the positive current of All Life.

(b) Then we see ourselves reclining against its negative wing, and visualize and within our being FEEL GRATITUDE.

(c) And in the spirit of Joy and Gratitude, we know REVERENCE. These three, JOY, GRATITUDE and REVERENCE form The First Triangle.

(a) Simplicity of Joy and Gratitude.

When your Teacher began, many years ago, to condense the expression of Life in the Teaching of Mentalphysics, he sought for simplicity. I wished to show myself, and to show my students, how wonderful Life is in all aspects. I sought simplicity of ideas. I saw that I could write many books ABOUT it, but HOW COULD I MAKE MYSELF FEEL LIFE, and HOW COULD I MAKE MY STUDENTS FEEL LIFE ? Suddenly, there flashed into my mind with consuming strength these two majestic sentences :

B E H A P P Y ! and

G I V E T H A N K S !

And the more I thought upon and felt within my spirit the inner meaning of these two simple sentences, the more I became conscious of a great reverence for my very power to think. There came to me, as never before, a great unfoldment of the majesty of God and His Works in the macrocosm and in the microcosm, and the result was that these three words - Joy, Gratitude and Reverence - have formed strategic points in the seven-word understanding of life through Mentalphysics.

Then, as we went on, following the path of simplicity, and being rooted in joy and knowing gratitude and standing in reverence, we came to the right understanding of BREATH, which IS Life.

Through practice, there followed an unfoldment of the true meaning of Breath, so that in due course we confidently approached THE WORD (SOUND), the WORD OF GOD,

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which was in the beginning. An understanding of Breath led us from Breath to Breathlessness . . . . and understanding of Sound led us from Sound to Soundlessness . . . . on, on to SILENCE.

Thus the story of the seven-word understanding.

(b) We Can Find The "Hidden Meaning".

I confess that what I have just written will have no meaning to the outsider - he would wonder what we are writing about. YOU will understand according to your power to understand, and according to the practice that you have undertaken of the seven words.

The purport of this Commentary is to teach you to think much about the words that you use. SOUND is the Life of you, for your Sound is the Word of God within you. But SOUND in its real sense is Silence -- and Silence is Pure Gold.

Therefore, let us gather some ideas upon the Seven Words that lead us into The Silence. This Commentary will form a key to much that will appear in subsequent Commentaries, so I would advise you to this week make your own notes and keep them for future reference as your unfoldment gradually takes place within you.

1. J O Y .

Joy is the greatest asset of life. To Be Happy is the essence of life perfection. As you contemplate Joy, you will see that all life manifests itself in Joy. You and I were made in Joy. When we feel Joy, so that we literally become Joy, we are revivifying ourselves on all planes of life. It is evident that we can only know Joy in exact relation as we know GOOD (God), and when we are so happy that Joy pervades our whole being, we are renewing ourselves (a) In our physical bodies, for Joy sets in motion all the physiological processes that make for perfect health and perfect physical expression ; (b) in our mental bodies, for joy makes us glad and rids us of all darkness of the mind, and all inertia, so that we are transformed by the renewing of our minds because Joy is established within us ; and (c) spiritually we become one with the Author of Life who has made ALL THINGS well.

2. G R A T I T U D E .

Whenever we feel perfectly happy, we cannot but Give Thanks, feeling Gratitude towards every living thing, and towards the author of every good and perfect gift . . . towards God, expressed in our Higher Self. If ever you have felt so divinely happy and grateful that you feel that you could give everything that you possess to those who have less than you have, and wish to share the secret of your gratitude with others who have not ascended to the height of such Wisdom, you will know what I mean. To be Happy means to be grateful, for Gratitude is the offspring of Joy.

3. R E V E R E N C E .

And in Joy and Gratitude, we feel reverent to All Life. We are so transformed and overwhelmed by the beauty of all life - of our physical being, of our own minds, of the spiritual Oneness of ourselves in God and God in us, that all we can do is to stand in reverence before the Wisdom that enables us to Know The Light of Life.

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4. B R E A T H .

We have learned that Breath IS LIFE. This week, contemplate what you know of your Breath. You will be practising, and thus you will make comparison with what you now know of your Breath and what little you knew when you first started in Mentalphysics.

5. S O U N D .

We have not yet learned much about our own Sound, though we do know that we become WHAT WE SAY. We are to learn much more about the immeasurable power of Sound in due course. "In the beginning was The Word, and The Word was with God, and The Word WAS GOD" (read the first chapter of St. John again, seeing the importance of Sound, and its relation to Life Itself.) Also during this week guard the tongue, so that you do not say a single word that you do not know to be true. For when we understand what Sound is, in the true spiritual sense, we learn that Sound is the "switch" that turns on the Light of Us.

6. L I G H T .

As you have already learned, you read in your own body ("MY WHOLE BODY") the story of the sun, moon and stars. And you read the story by means of your own LIGHT, the Light of the Divine Wisdom that is in every living thing. Your Light is the Great Mystery . . your Light is the pure gold of you . . . it is the Secret of the Golden Flower within you. Practice seeing the Light this week. Develop the Light, make notes ; analyze as carefully as possible.

7. S I L E N C E .

Silence is the answer to what is called "Death." As you know the Silence, you know Life, and escape "Death." Silence is golden, and the Light of you, as I have said, is the pure gold of you.

Your present Commentary purports to inspire you to think on these seven words, and the more you THINK about them the more you will learn their inner meaning. For example : In thinking of Light, think that there is a "mansion" above through which shines down the great central Light of the Divine Wisdom (or Holy Spirit), and through this Light there is symbolized the union between the human and the divine. The divine mingles with the human so that it may also become divine; and your thoughts, ascending into the Light, are taken up by the Higher Intelligences who judge them and summon the hosts of the higher realms to grant what, through sound - leading to Silence - is declared and demanded.

In using Sound, according to the degree of our concentration, we shut out all lower thoughts. Meditation is prayer, and when we affirm anything we are well on our way to realize it. Thus we should this week THINK about these things.

I know that you will be happy as you energetically think on these seven mystic words. Be happy ; give thanks ; praise the wondrous Spirit of Light that enables you to think, and if you have been faltering renew your zeal. Spiritual unfoldment comes slowly, but it does come - and it comes exactly according to our individual effort to realize.

Peace be unto you today - and all the days.

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of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.
End of The Thirty-Second Commentary, Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **33**

"THE PATH OF PERFECTION" (1): Transmutation—Ascending the Heights—Comment Upon the Perfection Breath; The Light of Life Is Perfection; Linking Reason to Divinity.

BREATHING EXERCISES FOR THE WEEK :

1. Breathe physically the Perfection Breath this week - three times before breakfast ; three times (if possible) before luncheon ; three times as soon after sundown as possible, and before dinner. If it is not possible to breathe just before dinner, then breathe this Breath three times before studying your Commentary at night.

MEDITATION FOR THE WEEK :

1. Take the Meditation that follows The Perfection Breath, as follows :

"And now I prepare myself for the Greatest Thought I ever shall be able to think . . . .

WHATEVER THE CREATOR IS, I AM.

"The Creator is right here . . right in the Heart of Me, right in the Substance of Me, right in the Mind of Me, right in the Being of Me.

"Reveal Thyself, O Lord of My Life . . come, I wait - I listen - I look within me, - I am still . . . and now I Will to SEE THE CREATOR AT WORK WITHIN THE TEMPLE."

Give much thought to this meditation. Analyze to see just how far you are able actually to REALIZE the FEELING of perfection. Start with the feeling of perfection of your body . . . then realize that "The Creator is within me, thinking the thought of the Universe through my mind," . . then sink silently and in your silence realize the perfection of Life Itself in YOU.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In this Commentary, I hope to lead you on to a further study of the PERFECTION OF LIFE, standing and communing together on The Path of Perfection. I know that

THIS SPACE IS FOR YOUR OWN NOTES

the next few Commentaries will bring you abundant joy, and may we all go further in our facing of The Light.

How insignificant is Man, the Individual, in comparison with the Universal. Most people go through life without contacting the channel through which there shall flow to them the first idea of what they truly are ; for most men are ignorant of their true nature. But I believe that all of us in Mentalphysics can truthfully declare that, even though we have not yet practised Life enough to have unfolded ourselves into true mastery, we have at all events found The Way. Let us never forget that it was in Mentalphysics that we were brought into The Light ; and as philosphers and men of wisdom let us jealously guard the secrets. We are conscious in our practice that our individual mind has been brought into contact with power universal, and we are learning the meaning of the words - "The fear of The Lord is the beginning of wisdom," knowing that this beautiful experience is the initial step in our own regenerative life.

(a) The Perfection Breath.

In our Commentaries we have reviewed in sequence the Memory-developing Breath, the Revitalizing Breath and the Inspirational Breath. We can say with joy that we have truly found The Light that lighteth the hearts and minds of men - THE ONLY LIGHT OF THE UNIVERSE, and the Source of ALL LIFE MANIFESTATIONS. We have begun, in deep reverential attitude of mind, the practice of the "melting" and the "mixing" processes ; and now, at the threshold of our Perfection Breath, we stand, radiant and unafraid, ready to enter into that Perfection which is ours if we will enter it through an understanding of the One Universal Law of Being.

In this Commentary, then, we contemplate our Perfection Breath in deep humility and gratitude.

Go back in your experience to your first Lessons. The Physical Perfection Breath was the fourth breath that came with your seventh lesson (the First Part of the Holy of Holies). You have, if you have been patient and persistent and intense in your desire to come into knowledge, mastered the physical part. The erect position - legs firm and strong, the feet level, the buttocks tight, the head erect with freedom in the neck, the eyes looking within, the arms straight in front, with the fists clenched . . . . Then the thought ("I thank Thee, Lord, for the breath of My Life!"), then the exhalation, then the drawing in of the breath which is your life, . . then the glorious control, as you stand the Master of your own body, . . then the three swings straight back to the shoulders, then bringing the hands to the sides, then the exhalation, then the coming down and inward watching process ---- then the divine meditation, "Whatever the Creator is, I am."

We now know that we have a right to think this Great Thought, for we have worked to earn that right. We are physically perfect. In the three previous Breaths we have cleansed, clarified, coordinated, correlated the whole body. Every muscle is developed, - every nerve is charged and purified, - every cell has been awakened, charged with the Living Force that comes from the Living Flame. We stand supremely conscious of the perfection of a body that is the Instrument within which perfection is looked up. In our practice of our montal body we have begun the stirring process which in time will fully awaken the Living Giant within us, so that we may finally dismiss the physical side of the Physical Perfection Breath.

(b) The Light of Life is Perfection.

"It IS BETTER TO GET WISDOM THAN GOLD." - Prov. 16, 16.

THIS SPACE IS FOR YOUR OWN NOTES

What folly it is to seek riches without first learning what riches are, and without knowledge of the truth that underlies the right use of material wealth! Do you not now see, My Beloved, that if we seek WISDOM FIRST, and gain it, this superior understanding - that makes us truly superior men - of the understanding of the Law of Life will enable us to produce our full requirement of riches. How? . . . it is not for us to know ; we cannot with our finite minds understand the full working of The Law. WE ARE THE LAW, and there is no need for us, knowing this truth, to be ever thinking about it . . . we MUST BE IT - We must LIVE IT. Again, How? "There is a spirit in mankind, and the inspiration of the A Almighty giveth them understanding." - Job 32, 8.

I counsel you, My Beloved, to live in this inspiration of the Almighty within you. Be ever happy in the knowledge that it is there. In short, "Be Happy - Give Thanks."

We have learned that The Light, the Force, the Power, the Expression, the Essentiality, IS WITHIN US. This is the greatest secret, and one which seems to be the hardest for the human being to grasp. WITHIN US! It is nowhere else! We have that The Light can only shine through a perfect lamp, and we have learned how to keep the lamp perfect - the Body. (Dwell on the affirmation on My Whole Body, which comes after your Inspirational Breath). We have also learned that the Light shines of itself. This beautiful truth that all light shines of itself has been a great comfort to this Teacher in his assent to The Heights. I have often given thanks that I have not had to find out HOW the Light shines - for I would have failed to find out how. I have always rested in the truth that, as I learn to relax into it, I SEE it shining - and the more I relax into it, watching it humbly, the more I become of it, the more it shines.. . . . and this simply CANNOT be explained - it has to be learned by each of us for himself. BUT WHEN WE LEARN IT, WE FIND THAT THE LIGHT IS PERFECTION. So that to find Perfection, all that we have to do is to reverently watch that we may find the Light.

Simple as it may seem, this is all locked up - it is the secret that is locked up in eEvery Living Thing - AND IT IS THE ONLY SECRET.

And, again, simple as it may seem in its very profundity, this ESSENTIALITY (Light) it is that qualifies the True Adept. Once it is found by the neophyte it sanctifies as well as qualifies, infusing true goodness into every life that it adorns. You see, this Essentiality - this One - this Light - this Force, we may call, as we do call, by many names.

TO US IN MENTALPHYSICS IT IS THE LIGHT OF THE DIVINE WISDOM

WHICH IS IN EVERY LIVING THING, AND WHICH WE KNOW TO BE WITHIN US.

(c) Linking Reason to Divinity.

It is this Essentiality, the Light of Divine Wisdom, that links reason to divinity, flesh to spirit, theology to philosophy, mortality to immortality. It is that which is sown in corruption, and can only be raised in incorruption. It is sown in weakness and darkness and ignorance that have inhered since time began ---- it is raised in a spiritual body. THE FIRST, OR OUTER MAN, is of THE EARTH, EARTHY. The SECOND, OR INNER MAN, IS THE LORD OF THE ETERNAL - THE CREATOR.

And every one of us in The Inner Chamber of Mentalphysics has learned that in our slow and gradual development of the Lord of the Eternal within us, much is demanded of us.

THIS SPACE IS FOR YOUR OWN NOTES

(a) We must, first, be sincere in our purpose.
(b) We must be honorable in all intent.
(c) We must be charitable towards all things - toward Every Living Thing, remembering the Fourfold Law.
(d) We must give to Every Living Thing more than we expect to receive.
(e) We must ever seek The Law, and OBEY it so far as we KNOW it.

In our earlier lessons we have learned how to develop the Image of our True Self, and some of us have succeeded in reaching the reflection of The Lord Within. It is this great and miraculous mystery of our Image that we commence to solve with the circulation of The Light, and it is the Imago into which it behooves us to reflect, rather than to profanely discuss it ("Have No Tongue") that we may know what The Father is, and what The Son ; and without presumption or error come slowly to know that holy, holy Spirit of Life, that fabricates all things and sustains all things, by The Word that is made Flesh.

I feel that there is much in this week's Commentary for you to let your mind reverently dwell upon.

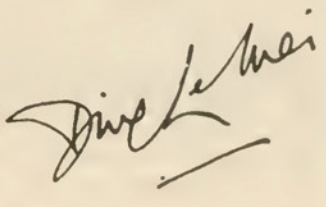
Never worry about how apparently slowly you are going. Many students are ever clamouring for "advanced work" -- why "advanced" work. You and I have arrived at the point where our knowledge that WE ARE IT is complete --- then all that remains for us is practice, practice, practice . . . being happy, giving thanks.

I leave you this week with a sense of deep all-pervading peace. How foolish most people are to endeavor to order their lives as THEY think it should be, without being wise enough to charge their own minds with ideas that come unerringly from the Father which is in Heaven. One thing I have learned is the difficulty of seeing what we are looking at. We look at a certain thing, and fancy that we know its meaning, but at the root of our reasoning generally is personal desire and greed. How many people "pray to God" for certain things. They pray and pray. If the thing does not materialize, they get quite concerned and worry about it, and wonder whether "God" has forgotten them, and feel terribly hurt with God for not "answering their prayer". You and I have outgrown that superstition. We know that we must watch and watch . . . pray and pray (practice the Law), . . . and hope and hope, . . and dare to be silent. In this spirit I leave you.

As you close this Commentary, let it rest in your lap and enter the Silence . . feel great waves of Truth and Love and Joy and Peace coming to you from me as your humble Teacher, and may The Light be made known to you. Rest - be happy - give thanks - lose your own life in service to those who know less than you know and who have less than you have. Thus will your cup run over.

My Peace I give unto you.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Thirty-Third Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **34**

"THE PATH OF PERFECTION" (2): Transmutation—Special Breathing Exercises and Your Sunrise; The Ascent of Man; . . . . "Ye Are the Temple of God"; Be Glad and Rejoice.

BREATHING EXERCISES FOR THE WEEK :

1. Breathe the Perfection Breath MENTALLY this week - before breakfast, before luncheon if possible, and before dinner.

   Now, this is most important. This is the most important breath that you have so far undertaken, for you are leading yourself into a full understanding of all the preliminary and also the few advanced breaths that you have so far been given. Therefore, give yourself time for PRACTICE this week. Remember, you will get no Light whatever by merely reading this Commentary - you must PRACTICE!

2. Be sure that you are in the right posture - you must be physically comfortable, you must not be physically or mentally tired - quite normal and HAPPY. Then go into your Breath.

3. You have your picture of your sunrise. Bring this clear, very clear before your mind. Then rest IN it ; let the Light flood you. Now, holding the picture and FEELING the Light, try to turn just enough mental attention to watching your Breath - it should be so soft and smooth and silent that you will feel an all-pervading stillness bathing you from head to foot ; FEEL that this inner stillness of your Breath is like a deep, deep flowing river - immense power, depth, immeasurable strength, like a giant at peace, sweeping all before it, but making not the slightest noise, for its own great volume keeps it knit together in deep silence - like Love all silent and serene yet all locked up.

4. Holding the picture of The Light (your sunrise, fanned into the Living Flame), watching your Breath so silently that you can analyze its very force, . . then feel a sense of ALL-PERVASION. You are the Creator in human form - you are all-pervading - you ACTUALLY create your own Universe, and you go where you will to go, you do what you will to do. Therefore, FEEL that depth of ALL-PERVASION . . you are everything, you are everywhere.

THIS SPACE IS FOR YOUR OWN NOTES

(We shall return to this idea later ; this week, FEEL it - register in your mind what you feel, so that at any moment hereafter you will be able to mentally pick up that feeling, and lead yourself on from that high point.)

MEDITATION FOR THE WEEK :

1. Same as in your Thirty-third Commentary.

2. ADD to it :

"I AM ALL-PERVADING. I AM LIFE."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary, you were instructed into the higher conception of your Perfection Breath. Your thought has been charged with the eternal truth of the Perfection of Life. If you are wise, you will have written down on paper your own ideas of PERFECTION - on the three planes of your existence with which you are familiar. This week you will rest in the perfection of your own life.

The way that I teach myself is by the study of SIMPLE things - thus: Isolate some simple idea. Take your eye, for example : look at your eyes; make your eyes do what you want them to do in transforming your own feeling.

(a) Facing a mirror, think a certain thought - of love, for example. Think of The Beloved. You are looking into the eyes of the beloved - and your own eyes express your highest emotions, and as you watch you actually see in your own eyes the reflection of the height of the transcending feeling of your love for The Beloved.

(b) Then, think an anxiety thought (imagine it), and note the change in your eyes . . . and at the same time note the change in your own FEELINGS not only in your eyes, but throughout your whole body.

(c) Then think a success thought, and instantaneously your eyes will change - charged with the picture that you have in your mind of success, your eyes will reflect the success emotion . . . . AND SO ON, AND SO ON.

Having made this simple experiment, think of the perfection of registration of your eyes - how they perfectly reflect the perfection of your FEELINGS, no matter whether the feeling be one of grief, or hate, or fear, or anxiety, or pain, or misery . . or whether the feeling be one of joy, and hope, and light, or courage, or peace. Then, go further : feel that what you can actually see in your own eyes is going on all over your beautiful body, and the effect is for good or ill. Think

THIS SPACE IS FOR YOUR OWN NOTES

PERFECTION, and you become perfect. Think negation in any form, and you reflect negation, which is the advance guard of death, which is the reverse of what you are --- for YOU ARE LIFE, and Life is PERFECT.

Then, think long and analytically on PERFECTION throughout the coming week.

(a) The Ascent of Man

Having in mind what you learned in your Commentaries Nos. Twenty-two to Thirty, and seeing how your life has been one slow process of evolutionary principle, imagine far back in time, probably a million years ago, you appeared on this earth - WONDERING. Slowly we have developed from cave men to modern men, and all the way up we have been wondering at the "mystery" of Life. Full of wonder and curiosity, men have developed what is called philosophy. The majority of men come and go and take all for granted, but we have been among the askers of questions. We have always been interested in the why, the whence and whither.

In ancient days of little knowledge and less thinking men's problems were simple. Man believed that he and his little earth were the only important things under Heaven in the Universe. The sun was made to give him light by day, and the moon and the stars by night. Nothing mattered except what happened to HIM. For him Heaven was immediately up above the clouds, a few thousand feet up. He thought the rain was stored up there, and that the Ruler of the Universe opened small holes now and again and watered the earth. Man was the only important thing in creation, with the exception of the wild animals whom he tried to subject to his will. . . . and so on, and so on. And God was just up above in that place called Heaven.

Then man, by thinking and by wondering about other things, came gradually to see that God was much more a wise God than a cruel God. He gradually came to know that Man is a part of a great whole, and that compared with this great whole, our solar system - the sun, with all the planets revolving around it - is no bigger than a drop of salt water compared with the mighty ocean. Telescopes that man has made have proved to him that there are in space thousands of millions of suns, some a million times as big as our sun, which in turn is a million times as big as our earth.

Gradually this thing called Man, made "In the Image", has come to see himself - in spite of his almost total ignorance at the start of his evolutionary race - as a part of the Divine Spirit of this universe; - he sees himself as Life Itself - he sees himself as the regulator of conditions and the creator of conditions - he sees himself (as we in Mentalphysics are learning, and we are probably a hundred years before our time) as THE CREATOR IN HUMAN FORM - immortal, self-manifesting, unending and everlasting. He sees himself "perfect as God is perfect," . . and he sees that, in due process of time, when he is fully grown, he will have carried out the divine mandate, "Be Ye perfect even as your Father, which is in heaven, is perfect."

We, then, have come to that point, where we are to learn by the silent contemplation and the realization of PERFECTION that WE ARE PERFECT.

(b) Again - Live What You Know!

"Know ye not that ye are the Temple of God, and that the Spirit of God dwelleth in you?" (1 Corinthians 3, 16).

THIS SPACE IS FOR YOUR OWN NOTES

We must LIVE this Perfection, My Beloved. Never mind how many times you fall short - hold on to the thought, and in time it will shine through you in perfect manifestation. We all know this to be true - so let us rejoice that we are on our way. Good is it that science is beginning to realize the spirituality of all life. Things that were regarded as entirely fantastical a few years ago are now being recognized as being true to Life Itself. Much of the ancient wisdom is being recovered - there is a great day ahead for all of us - we in Mentalphysics are in the forefront. We know that we have the power within us - the power of perfection of Life - to live as long as we desire to live. We know that we are young, young, YOUNG, and that we never can be old --- well, then, let us all live youth, think thoughts of youth and the things that youth does - feel the inspiration and the ambition and the beauty of life that youth feels ; and if we are "older", let us give grateful thanks that we have so much more experience, so much more stored away consciously and subconsciously in our memory. Oh, let us rejoice at the PERFECTION OF LIFE TOWARDS THE FULL EXPRESSION OF WHICH WE ARE ON OUR WAY.

The world is changing in its views on life. Who would have dreamed, for example, that a great scientist of this modern age would have declared that telepathy and clairvoyance are realities. I wonder how many of you read the following newspaper report as recent as the summer of 1935 - it was a New York message sent out by one of the great news agencies :

> "Dr. Alexis Carrel, Nobel prize winner and world famous scientist of the Rockefeller Institute for Medical Research believes telepathy and clairvoyance are scientifically proven facts, and worthy of scientific study.
>
> "This is one of the mystical and metaphysical master ideas that Doctor Carrel advances in a book published here by Harper Brothers, under the title, "Man, the Unknown."
>
> "Aiming to create a new science, the 'science of man' in order to 'save and guide' modern humanity, Dr. Carrel boldly espouses telepathy and clairvoyance. He wrote: 'Clairvoyance and telepathy are a primary datum of scientific observation. Those endowed with this telepathic power grasp the secret thoughts of other individuals without using their sense organs. They also perceive events more or less remote in space and time (clairvoyance). This quality develops in only a small number of human beings.'"

Therefore, be glad! Rejoice in your Youth - in your Life - in your Perfection . . . . and give thanks. Practice, practice, practice this week -- and BE WHAT YOU ARE, Unafraid and Full of Undying Hope.

Peace be unto you - and as you conclude this Commentary, let the sheets drop into your lap, and very deliberately and consciously FEEL great waves of Light and Love and Joy and Power and Youth and Beauty and Strength and that Peace Which Passes Knowledge come to you from me as your humble Teacher and from the Institute as the agency of expression, and principally from our Glorious Mother Mentalphysics.

Namaste.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Thirty-Fourth Commentary,
Inner Chamber.

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COMMENTARY **35**

"THE PATH OF PERFECTION" (3): Transmutation—The Balancing Breath Posture; Importance of Inner Light; Goal of All-Pervasion; Building Well Upon Foundation of Rock.

BREATHING EXERCISES FOR THE WEEK:

I trust that you practised last week the special Breath outlined in Paragraphs 1, 2, 3 and 4. If you have practised, you will have begun to truly FEEL your Breath, and you should also have some idea of what true Breathlessness is.

This week I wish to lead you on a little further in this Breath, but I urge you not to be in a hurry - there is plenty of time, we have eternity in which to learn, and the best way to learn - the only way to learn - is by slow, steady, SURE application. Therefore, be patient ; and though you may not know what you are doing, and indeed may even question what you are doing, do what you are instructed to do.

The Breath that you are now practising will lead you into a realization of ALL-Pervasion - will prove that YOU are All-Pervading, but humility, patience, watchfulness are necessary. The INNER sight must be quickened - true perception. The INNER FEELING must be known. You must become so still that you can feel the forces of your body actually at work . . . and all of us can do this, if we will practise, but if we do not practise, it will be merely one of those things that we have "heard about".

1. CHANGE OF POSTURE: Lie face downward on the floor, not on a soft bed - you can lie on a rug, but it must not be too soft.

(a) Place the Negative hand (the left) on the floor, and place the Positive hand (the right) over it. Then let your forehead, with the head quite straight, not with the head turned at all to the right or to the left, rest on your right hand. Now, take time to get this part of the posture. See that the neck is not twisted or tensed - see that the chin and the face are comfortable.

THIS SPACE IS FOR YOUR OWN NOTES

(b) Then watch the shoulders. They must be relaxed, not the slightest strain at all. The chest carries the weight, and the shoulders are entirely flexed.

(c) Go down the body - take a long sigh or two, and see that the abdomen is quite relaxed . . . EVERYTHING IN THE BODY IS HEAVY, HEAVY. The vital organs are comfortable, and not cramped - quite relaxed.

(d) Thus you will see that the whole of the body, from the top of the head down to the toes are STRAIGHT and comfortable. When you are SURE of this, place your NEGATIVE leg (the left) over your POSITIVE leg (the right), so that the toes of the right foot are touching the floor. Now, you must be advised not to hurry this - posture is ALL-IMPORTANT. For the first evening's practice, just try this out. When you think you have the right posture, just change the body a little, and see if you can notice any greater or lesser comfort. The sole idea is to so relax the body in a straight position that the Solar Force that you are to awaken in the Breath itself shall be allowed free flow to every part of your beautiful body.

MEDITATION FOR THE WEEK:

Same as in your Thirty-fourth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

How happy I am that we are coming along together to REAL work. When you came into Mentalphysics first, in the Initiate Group, you were instructed in little methods that you are probably beginning to realize were truly great secrets - that is, secret because not generally understood. And though we should from childhood have become conscious of the simple breathings that we have been taught, it was not our good fortune to have been instructed to do them.

The human being is a stubborn animal. Moreover, he is the most polished hypocrite - full of pride, self-satisfied, and often so very foolish. We deceive ourselves, and like to be deceived, for it plumes our vanity. Few people live what they KNOW.

Only yesterday (the day before I write this to you) I had an appointment with a man whose name would be familiar to many of you if I were to disclose it. He is a great metaphysical writer, and his books and articles are known to most aspiring people. For some time he had been anxious to come along to The Institute to "talk" with me. As you may surmise, your Teacher is a man who has little spare time, and he has lived long enough to know that in the use of many words there is grave danger of much confusion. I have lived in the Orient, where, when invited to spend any time with a philosopher, there is little talk. The Spirit works mightily in silence, so the Oriental philosopher will present you with a prayer mat, and you will sit with him, perhaps a whole evening, and not a word will be spoken . . . but what bliss, what understanding, what refreshment.

THIS SPACE IS FOR YOUR OWN NOTES

This philosopher yesterday, however, wished to discuss certain phases of life with me, and so the appointment was made. I was happy to have him come, and looked forward to a happy conversation. As is right, the host listened while he held the conversation, and much of it was pleasant. But when he made an apology to me that he had not been able to come before because he "had an invalid wife", I wondered what sort of a philosopher he was that he had not healed his wife ; but I was greatly surprised when he said further that he himself was suffering from a chronic ailment in the body. Quite still, I listened on, hardly believing that he was speaking as he described to me the nature of his "illness" and that of his wife. But when he told me that he was anxious to do some piece of work "before he died", I felt that either he or I was in the wrong place.

I tell you this to show you how human beings can be led astray - not living what they know. Now, you and I must not be like this. WE are to live a long, long time . . life is to be a great, great romance . . . we are in THIS particular stage of our eternal experience not to be fooled nor are we to fool ourselves . . we are the progenitors of the new world, the heralds of immortality in the flesh . . we are on our way to MASTERY --- therefore, WE MUST BUILD WELL ON A FOUNDATION OF ROCK.

The present Breath in this Commentary is what you will come to know as The Balancing Breath, but you are not to think of names of Breaths - you are to practice, practice, practice. You wish to truly grow young? Well, then, DO THE WORK, and you will find that you will have power to do ; if you do not do the work, and become like my friend the philosopher of whom I have just spoken, all this will remain with you merely as intellectual entertainment. DON'T FORGET THIS. Now, to go on further.

SECOND PART OF THE BALANCING BREATH FOR THIS WEEK :

We will assume that for a night or two you have practised posture. You truly know HOW TO RELAX.

We will assume that you can FEEL the comfort of the straightness of your body, and that you can imagine that wonderful feeling of heaviness that gives you the sensation that the substance of your physical body is floating, floating in space . . . indeed, you may be able to feel the sensation of ALL-PERVASION.

We will assume that you are ready now to breathe. If so, do this :

(a) Tense the body. Just gently press downward on the pelvic bone first, and feel that you are tensing the legs, the knees, the thighs, the buttocks, the lumbar region, the back, the arms, the neck, the head. Hold this tensing position for as reasonable a time as you can in comfort, then feel that you are suddenly relaxing . . . the feeling that you are falling down through the floor, the body is so heavy. Do not relax "explosively", but gently though quickly.

(b) Then watch your Breath. At first, with this little effort from the tensing, you will notice that you can, so to speak, hear yourself breathing. Watching the "hearing", and see how even it is - do this for a minute or two. THEN --

(c) See whether you can still breathe, though you seem to stop your Breath. You will seem to be breathing and yet not breathing. The breath will seem to be WITHIN the breath, and you cannot "hear" it . . all is so soft and still and unmoving and silent. In this second part of the watching of your breath, IMAGINE all the lights and all the sensations that have been registered in your mind as a result of all your previous teaching.

THIS SPACE IS FOR YOUR OWN NOTES

(d) See how happy you can feel, and see whether you can see the Light of Joy within your body (and your head particularly).

CARE OF DIET DURING THE WEEK :

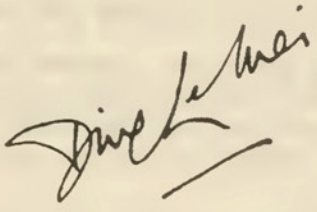
Watch your diet during the week. I suppose that you know what your chemical type is. I suppose that you have been systematically leading yourself into a higher understanding of the five foods of life - solid foods, liquid foods, rest as a food, breath as a food, and thought as a food.

We shall return to The Balancing Breath in your next Commentary, and I urge you to practice this week -- for I promise you that as you practice this breath, you will be doing great things for yourself, to be revealed to you in due course.

And during this week, keep close to your Teacher. Feel that you are constantly near to us all here at The Institute - that you are real part of the real family. Do all that you can for Mentalphysics. Help as much as you can with material substance, for we need all that we can control at the present time, and we give thanks that we have gained some experience in the knowledge of how rightly to USE substance for the Spreading of The Light.

Be happy, and GIVE THANKS. As you conclude this Commentary, sit still - so silent and so happy. Feel great waves of Light and Joy and Love and Beauty coming to you from the highest spheres of my spirit . . . I give thanks for you, My Beloved . . . Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



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End of The Thirty-Fifth Commentary,
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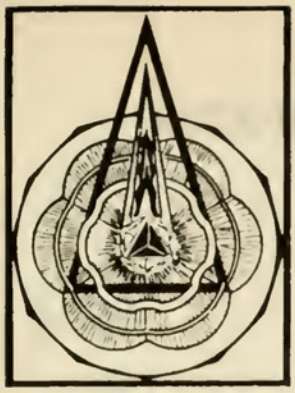

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COMMENTARY **36**

"THE PATH OF PERFECTION" (4): Transmutation—The Balancing Breath Concluded; Tensing, Relaxation, Meditation; "Go and Tell No Man"; "Oh, Give Thanks Unto the Lord, for He Is Good."

BREATHING EXERCISES FOR THE WEEK : THE BALANCING BREATH.

Though I do not intend to "harp" on the subject, I wish to warn you that you must practise this Breath. You will have been doing so, and will have carried out the Tensing and the Watching of the Breath outlined on Page Three of your last Commentary. This is most important, and you cannot go forward unless you have practised the Tensing.

We are, therefore, to go further along in this Breath in the present Commentary.

You have the Posture - you have practised Tensing - you have practised Watching of your Breath. You are able to feel the Breathing within the Breath, so that, in deep concentration, you can visualize The Light and hold it. You are also able to feel that heavy feeling when coming out of the Breath after the Tensing. Very well, let's go ahead.

FIRST - THE TENSING

(This requires much practice. Be sure before you go ahead - it is quite simple, but be patient.)

(a) Lie with your head to the North, in the right posture (see page One, Commentary Thirty-five).

(b) In the right posture, take a deep breath, and retain it - grip the teeth, and close the lips closely, so that no breath can escape.

(c) Do not change the posture nor disturb the feeling of ease in the body.

(d) Now, watchfully, press down to the floor the middle part of the body only - pressing on the pelvis - just practise a little to see how much pressure you can create.

(e) Pressing only the center of the body, you will notice that the body begins to tense, and this tensing must be even everywhere - there must be no uneven pressure in the shoulders, nor uneven pressure in the feet or the legs. With pressure in the center of the body, you will find that gradually, as you retain the breath, the whole body will gradually and evenly become tensed, so that there will be pressure EVERYWHERE. The legs will stiffen

THIS SPACE IS FOR YOUR OWN NOTES

((e) - cont'd
(and become strong, the right toes will carry the weight
(at the lower extremity of the body ; the back will be-
(come strong and tensed; you will feel the power coming
(up through the spine, and the head will feel the pres-
(sure ; the arms will feel strong ; and the whole body
(will be filled with power, which you will be conscious
(of everywhere.

SECOND:--

THE

RELAXATION:

((a) Now, the RELAXING, which is even more important than
(the tensing, because you do not wish to lose any of the
(power you have developed.
(

(This requires more watchfulness than even the Tensing Process in this Breath)

((b) When you have held the body in the tensed position as
(long as you comfortably can without undue strain, then
(very carefully, let out the breath as in sighing, and
(as you sigh feel the body coming down into relaxation,
(gradually, evenly, so that when the breath is gone out
(of your body the whole body is heavy and relaxed and
("gone".
(

(Practise this much, with the Breath in the body, as well as with the Breath out of the body)

((c) Control the breath without strain, and try as soon as
(possible to get into the "breathing within the Breath"
(feeling in the body.
(
((d) Lying quite still, and WATCHING PARTICULARLY SO THAT
(SHOULDERS ARE RELAXED, GO INTO THE MEDITATIONAL STATE
(OF MIND. Silent - still - breathing within the Breath,
("feeling after him, if haply we may find him."

* * *

"If thou return to the Almighty, thou shalt be built up." - Job 22, 23.

"O give thanks unto the Lord, for he is good." - 106th Psalm.

"Let us come before his Presence with thanksgiving." - 95th Psalm.

* * *

We now feel that we are IN THE PRESENCE of the MOST HIGH. We feel the Light - we know what the above three quotations mean. We are conscious of the uprising of the Solar Force within us. Certainly we do give thanks . . and WE ARE HAPPY.

THIRD: --

THE

MEDITATION

(Remember, this is the Noble Science)

((a) Take now that sublime Meditation with which you will be
(familiar - that which follows the Perfection Breath,
(and which is written in your Thirty-third Commentary.
(FEEL divinely bent to meditation. FEEL that you are
(In The Presence:
(
("And now I prepare myself for the Greatest Thought I
(ever shall be able to think . . .
(
(WHATEVER THE CREATOR IS, I AM.
(
("The Creator is right here . . right in the Heart of
(Me, right in the Substance of Me, right in the Mind of
(me, right in the Being of Me.
(
("Reveal Thyself, O Lord of My Life . . come, I wait -
(I listen - I look within me, - I am still, - and now
(I will to SEE THE CREATOR AT WORK WITHIN THE TEMPLE."

THIS SPACE IS FOR YOUR OWN NOTES

THE

MEDITATION
(Continued)

((b) Then reverse the thought in the Meditation. Instead
(of feeling the Creator within you, feel that you are
(in the Creator, thus --
(
("Thou art the substance of all my thinking.
("Thou art the Substance of all My Feeling.
("Thou art the Substance of all My Thinking.
("Thou art the Substance of all My Breathing.
("Thou art the Substance of all My Whole Life."
(
((You are advised to add to these meditations as
(you gather ideas to yourself)

Thus, we see that there are three distinct phases to this Breath - this marvelous Balancing Breath.

First - The Tensing.
Second- The Relaxation.
Third - The Meditation.

Each is as important as the others, and you must not neglect either, but carry them out as you are instructed. It will take you probably some two or three weeks before you can reach the height of the technique of this Breath, and when you have mastered it, you will have done for yourself something that cannot be bought for money - it is beyond price.

"Go, and tell no man."

My Beloved, How often I wish that it were possible for you to be here at The Institute to receive direct from my mouth the oral instruction. On Thursday evenings, from eight to ten Pacific Standard time, the Inner Chamber meets here at The Institute, and we think of you. Sometimes your name is mentioned. You are always brought into close spiritual touch.

Should you feel that Mentalphysics is dearer than your life, it may be that you desire to come to Los Angeles, for the mouth-to-ear teaching, and if you feel that you would like to, you may write to me confidentially and discuss the matter. You will, of course, know that the difference between teaching by the spoken word and teaching by the written word is as different as the poles - between day and night. For those who desire it, special teaching is available if they come here to The Institute.

Our Inner Chamber is the sacred place. We enter it unshod. We sit in a circle. To the East is The Lamp, in the Center is The Light. Whenever any activity is extended in Mentalphysics, it is first hallowed through the Inner Chamber. Our problems are brought here - our work is dedicated here. The Inner Chamber is made up of those to whom it is safe and wise to gradually reveal the inner secrets. Home Study Students, coming to the Institute and attending the Inner Chamber, are profoundly impressed and carry away with them a deeper understanding of the extreme privilege that comes to us who are bound together as Nobles of The Light by that "Light that lighteth every man that cometh into the world."

I want you to feel an integral bond with us here. You are away, in another country maybe, but there is no space - in spirit we are ONE - WE ARE THAT.

THIS SPACE IS FOR YOUR OWN NOTES

It may be possible that you are not familiar with INTERNATIONAL CHURCH OF THE HOLY TRINITY. If you are not, write to the Secretary of the Grand Council of The Institute for information. You are eligible for membership, and you should be a Member. You should undertake to ally yourself with every phase of this great work. We have some wonderful souls here. The Circle of the Secret Twelve are privileged to bring healing and peace to many - and you are entitled to ask for this privilege for yourself and your friends.

My Beloved of the Inner Chamber, ye are the LIGHT OF THE WORLD. You can never again belong to yourself. You have reached the universal Truth of Life, and you must see yourself increasingly as a Bringer of The Light. If you are not extending the work of Mentalphysics, you are failing in the highest privilege that has come to you in this incarnation. You should bring in a student a month - how? by speaking the right word constantly to the right man. You cannot do this? YOU CAN.

It was I, was it not, who magnetized YOU into this great Teaching . . . I, and perhaps we have never met on the physical plane. The ways of The Creator are past finding out, and when you get this all-pervading idea of LIFE ITSELF you should cultivate it . . and the only way to cultivate and extend it is to LIVE IT . . seeing yourself as an ambassador of The Lord, going into the Field to seek for those who know less than you know, and to share with them who have less than you have. If you are not giving Alms to The Institute, for instance, you are in error. By this I do not mean any "amount" . . but you should, on the first day of every new moon, make a contribution to the Almonry of The Institute for the general fund to Spread the Light. It is your great PRIVILEGE - I am not asking anything of you, but I am showing you that it should be regarded as the greatest joy of all joy to give to Mentalphysics so that what has come to you may go to another.

Think on these things. In unity strength comes - I, of myself, as the head of this Institute and the most humble servant of you all, what can I do of myself? The faculty and those engaged in all the activities of The Institute, what can they of themselves do? YOU - what can you of yourself do? It is only in unity, each knowing that he has done what he can do (and what he can do is what he should do) to help on the Great Work, the Coming of The Kingdom, the building of The New Race . . . do you not see that it is our DUTY certainly, but WHAT A PRIVILEGE to "Give Thanks" in a practical manner by contributing to the general fund to allow the work to go on? You see, My Beloved, there is NOW no such thing as either you or I feeling any qualms about ASKING for anything of each other. If YOU can benefit from what I can give to you, it is your privilege to ask of me, and my great JOY to give to you . . . and, similarly, if I ask of you and if it is within your power to give, it must be YOUR JOY to give. WE LIVE TOGETHER IN THE HIGHER REALM, where there is NAUGHT BUT TRUTH. And if you were to suffer in any way that I could alleviate I should fail in my duty as your Brother if I failed to take full advantage of helping you -- similarly, with you.

I shall return to this subject later, but meantime, I ask most confidently of you to help the Institute as much as lies within your power.

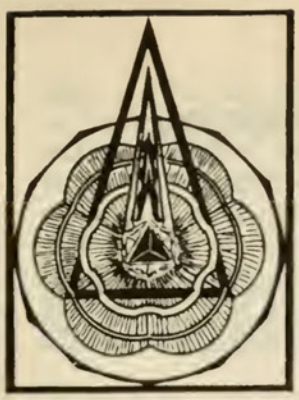
My love goes to you - my Peace I give unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in faith at
Los Angeles, California, U.S.A.

End of The Thirty-Sixth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY **37**

"THE PATH OF PERFECTION" (5) Transmutation—The First (or Outer) Man; The Second or Inner) Man; Things of the Spirit Cannot Be Talked About; Rejuvenation and Regeneration.

BREATHING EXERCISES FOR THE WEEK : THE BALANCING BREATH.

WILL YOU KINDLY TURN BACK TO THE PARAGRAPH UNDER THIS HEADING THAT APPEARED IN YOUR LAST COMMENTARY AND READ IT AGAIN. I cannot emphasize too much or too often the need for you to PRACTICE this Balancing Breath.

You should by this time have practised to such an extent that the Tensing is automatic and easy. You must believe me when I tell you that you are doing something in this Breath that will be of priceless value to you as the time goes on.

MEDITATION FOR THE WEEK :

Take the Meditation "WHATEVER THE CREATOR IS, I AM," throughout the week, and endeavor to live it during all the days. One evening, feel that the Spirit is inclining you to expression, and write your own views on this First Great Truth of Life. Write your own ideas.

Take first the Physical Body, and put down on paper your own ideas and understanding of The Creator within your body ; then, take the Mental You, and do the same ; then take the Spiritual You, and do the same.

(If you wish you may send your writing into me, and, if you desire it, I will give you my opinion on what you have written; if I consider it worthy of printing I will print it in whole or in part in THE LAMP-LIGHTER.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In the series of Commentaries through which we are going just now we are realizing the Path of PERFECTION . . . nothing short of Perfection, the highest Perfection of which we are capable of understanding, will satisfy us. We

THIS SPACE IS FOR YOUR OWN NOTES

know ourselves to be members of The Royal Family of Wisdom. I appeal to you to take this matter of PERFECTION most seriously. If you fail, . . fall down . . think thoughts, do things, entertain feelings and emotions, which are contrary to your Higher Consciousness, . . if you find yourself guilty of jealousy, or greed, or envy, or any phase of expression not in accord with your own highest conception of Good, DO NOT BE UNHAPPY. Rather, BE HAPPY - be happy that you have recognized this little slip from your highest attainment, for there was a time, not very long ago, when you would NOT have recognized it . . . THEN GO AHEAD AGAIN IN ABSOLUTE CONFIDENCE THAT YOU ARE ON YOUR WAY TO PERFECTION.

(a) Rejuvenation and Regeneration.

In Mentalphysics we have learned a great deal about Rejuvenation - now we are on our way to a knowledge of REGENERATION through Transmutation.

Though I might have said this before in some of your Commentaries, it will bear repeating that we Nobles have learned that the Light, the force, the power, the Expression, the Essentiality, the Primordiality IS WITHIN ME.

We have seen that The Light can only shine through a Perfect Lamp, and that, WHEN THE LAMP IS PERFECT THE LIGHT SHINES OF ITSELF. We have learned that all that we have to do is to watch reverently so that we may find the Light - watching the sunrise within us. In Meditation we have learned this - in our breathings we have learned this - in our daily living we have learned this . . . THAT THE LIGHT RISES AND SHINES OF ITSELF, AND ILLUMINES OUR PATH IN EXACT RELATION TO OUR REVERENT WATCHFULNESS.

So that we have begun in some measure to find and CIRCULATE the Light, for we have to some degree penetrated the secret of the Golden Light, and are ready to go forward to perfect ourselves in circulating it and to mix and melt its true substance.

Simple as it may seem, we have learned that this is the great secret that is looked up in Every Living Thing, and it is THE ONLY SECRET.

And, again, simple as it may seem in its very profundity, this Essentiality is the quality of Life Itself that qualifies the True Adept once it is found by by the neophyte . . it sanctifies as well as qualifies, infusing true goodness into every life that it has once adorned. This Essentiality we may call, as we do call it, by many names ; TO US IN MENTALPHYSICS IT IS THE LIGHT OF THE DIVINE WISDOM THAT IS IN EVERY LIVING THING, . . . and which we know to be within us.

And it is this Essentiality - THIS LIGHT OF THE DIVINE WISDOM - that alone links reason to divinity, flesh to spirit, theology to philosophy.

> It is that which is sown in corruption, and, through transmutation is raised in incorruption.
>
> It is sown in weakness and darkness and ignorance that have inhered since time began, and, through transmutation, it is raised in power, in light and knowledge and understanding and wisdom.
>
> It is sown in a merely physical body, and, through transmutation, it is raised in a spiritual body.
>
> THE FIRST OR OUTER MAN IS OF THE EARTH - EARTHY.
>
> THE SECOND, or INNER MAN, IS THE LORD OF THE ETERNAL HEAVEN OF GOOD.

THIS SPACE IS FOR YOUR OWN NOTES

(b) The Lord of the Eternal Within Us.

My Beloved, I hope that the Creative Wisdom will enlighten your mind as you read and reflect upon what I have written on this page. I feel that you will agree with all that I write - BUT DO YOU WEEK BY WEEK REALIZE THE INNER MEANING . . . are you striving with all your own power of spiritual relaxation to REALIZE these truths IN YOUR DAILY LIFE. If you are not, you are merely heaping upon your own head coals of fire - for unless we demonstrate what we say we know, we lie against Reason.

Therefore, to you whom I am trying to teach, you whom I love because we have met upon The Path (though we may never have met in the physical presence), I say "Demonstrate!" and again "Demonstrate!" LIVE IT! You fail? Never mind for a moment. You have merely made a mistake which you will not repeat. Be happy - and GIVE THANKS.

For in the development of the Lord of the Eternal within us we must be sincere in purpose - honorable in all intent, charitable toward all things - Every Living Thing - giving always more than we receive, never disobeying consciously the Law of The Lord of the Eternal. In one of your very first Lessons in the Initiate Group Course, we learned how to develop the Image of our True Self, and some of us have succeeded in reaching the reflection of The Lord Within. It is this great and miraculous mystery of our Image that we commence to solve with the Circulation of The Light ; . . . and it is the IMAGE into which it behooves us to reflect, rather than to profoundly discuss ("Have no Tongue!") that we may know what the Father is, and What the Son (Sun) ; and without presumption or error, some slowly to know that Holy, Holy Spirit which is the fabricator of all things, and sustains all, BY THE WORD THAT IS MADE FLESH.

(c) Things of the Spirit Cannot be "Talked ABOUT".

It is in the Silence that we create the Image. It is in the Silence that we know the Image. We come to know the Image through transmutation of all the gross - for the Image is the subtle force made known to us in consciousness.

We could, of course, employ many words and different forms of technical phraseology to make all sorts of intellectual explanations. But things of the Spirit can only be expressed and made known in the Silence, as it is only in the Silence that we can come into the realization of what the Spirit, the Essentiality, the One, the God of Life, the Immortal Partner, the Universal Father, the Solar Force, the Creative Spirit or Wisdom the Universal Mind, Jehovah, Parabrahm - or whatever other name you care to use - truly is.

You and I have learned this, and we are filled to overflowing with gratitude. You and I KNOW, so that we can truthfully say that we are on our way to its REALIZATION . . and all that we can do is to stand in reverence and adoration of the Wisdom within us that enables us to know.

We now KNOW IT so that naught in heaven or earth can rob us of this knowledge, that our Breath is our Life - that our Light is Eternal.

We have learned in Mentalphysics that where we uncover this Principle we have uncovered ALL PRINCIPLE.

The Breath of our body is the Life of our Body, and we know the full meaning of MY WHOLE BODY.

THIS SPACE IS FOR YOUR OWN NOTES

The Breath of our Mind is the Life of Our Mind, and we know the full meaning of the Universal Mind, and how it works, and how we can use it - and must.

The Breath of the Universe is expressed in the form and the energy and the thought of Every Living Thing, and we have learned that Every Living Thing is the Creator Embodied.

We have learned that the Creator IS WITHIN ME ; that WHATEVER THE CREATOR IS, I AM!

We have learned that My Whole Body is not this insignificant individualized entity, but that of EVERY LIVING THING, the Creator Everywhere - and I AM THAT, all-pervading, self-manifesting, indestructible, eternal.

Having these things reverently in mind, knowing that so far in our Breathings we have come into the knowledge that we are purified and made into perfect instruments for the Perfect Harmony of Being to resound in us and reflect through us, then let us contemplate the INNER meaning of these words of the Master Jesus :

"This is My Body which is given for thee.
Take and eat this in remembrance of Me.
Feed on me in thine Heart (thy consciousness),
By faith and thanksgiving."

And again :

"I and My Father are One (and the same thing)"
"I am the Truth - the Truth shall make you free."
"If ye, be evil, know how to give good gifts unto
your children, how much more shall your Father
which is in Heaven, give the Holy Spirit to them
that ask him?"
"I am the Bread that COMETH DOWN OUT OF HEAVEN."
- and Heaven is WITHIN YOU.

How greatly do we give thanks that through Mentalphysics we have come to the knowledge of the inner meaning of these sayings . . . that we have built into ourselves the intellectual knowledge of the meaning of MY WHOLE BODY - nothing more can be, it is ALL - IT IS MY WHOLE BODY.

Now it remains for us to realize, to make real to ourselves, . . and wise are ye, Oh, Happy Candidate, if ye fail not.

When we come FULLY into this realization, we have the Truth of Food, the Truth of Money, the Truth of Work, the Truth of Thought, the Truth of Action, the Truth of Sex and Reproduction, the Truth of Feeling, . . . THE TRUTH OF LIFE ITSELF.

And through the Truth we are made FREE! How glorious! Let us Give Thanks. My Peace I give unto thee.

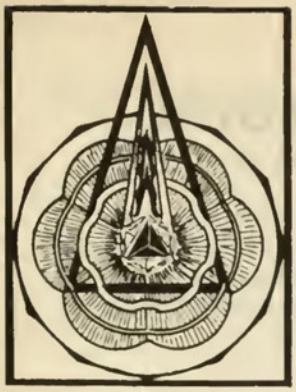
Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Dine Le Mai

Written in Faith at
Los Angeles, California, U.S.A.

End of The Thirty-Seventh Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



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COMMENTARY
38

"THE PATH OF PERFECTION" (6): Transmutation—Your Week of Youth; How We Transmute; Spirit Is Nothing Less Than Pure, Naked, Unmingled Fire.

BREATHING EXERCISES FOR THE WEEK:

1. Make this a week of LIFE and YOUTH. No matter what the weather, no matter how busy you may be, no matter what social engagements you may have . . . . LIVE THE LIFE OF YOUTH THIS WEEK.

   That means that you will do a great deal of physical breathing - that you will feel the flush of Youth everywhere within and without - that you will contemplate in everything the never-changing and ever-renewing power of the Universe and everything in it . . AND in YOURSELF.

2. Give time this week to go over all your advanced Breathings, particularly the Balancing Breath (practice it much, and make yourself a master of this Breath - described in your Thirty-sixth Commentary). You will know glorious YOUTH this week.

MEDITATIONS FOR THE WEEK :

1. Take this meditation at night, and hold the thought of it throughout the day :

   "I AM YOUTH . . YOUTH . . YOUTH!
   BEAUTIFUL * GLORIOUS * RADIANT * VIVACIOUS * EVERLASTING YOUTH."

2. Then take a sheet of paper and write down all the adjectives that come to your mind as descriptive of youth . . this is good practice, and you will be highly gratified to find the many phases of youth that will thus present themselves to your mind.

LET THIS BE A WEEK OF YOUTH

THIS SPACE IS FOR YOUR OWN NOTES

My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in The Bond.

As the most highly evolved organism in Nature, you - Man - have the power of assimilating every lower phase of life, changing it to your own likeness. We have learned that this is possible, and that it is done by a mysterious quickening process which is inward, hidden, silent - True Transmutation.

(a) How We Transmute.

This is transmutation. We have learned how to transmute our breath . . HOW? you may ask ; and my reply is "through practice of right breathing". Looking back into your own life, comparing it today with what it was say a year ago, you can see great changes. Your conception of life generally is different - you think upon men and things differently - all things that come within your purview are different from what they used to be - you see less "wrong" and more "right" in everything and everybody . . . and you know that you are happy, and you have learned the way to give thanks.

Learning how to be happy, I once remarked in your Commentaries, is a great science ; and it might have struck you as being a wide statement ; but you now KNOW that to be happy is one of the most wonderful things to have learned. You know it, because you know the value of JOY from the physical, mental and spiritual angles. Joy is the subtle unseen FORCE of Life Itself that keeps balance everywhere throughout the Universe, and it is the true reflection of the LOVE of Life. You have experimented, so that you know Joy to have a wonderful revivifying effect in the physical body ; . . . you know Joy to be a quickener of your Mind, bringing you happiness and peace; . . . you know Joy to be the tranquillizer of your Spirit. I could write a whole book on these three statements, BUT YOU WILL GET THE THOUGHT, and contemplate what is not said here.

Now, that is transmutation, you see. And if you grip this simple idea, you may, in your own thinking upon it, see that you are truly becoming a transmuter of all the lower phases of life, changing all that you see and think into your own likeness. Thus you see the Universe today AS YOU ARE, not as it appears, or as it used to appear to you.

Take your Breath - we shall always come back to our Breath if we wish to learn anything ; you will remember your first Breath, either in class, or at home through the Initiate Group Course. How heavy it was ! How clumsy you seemed to be! How hard it was to get any sort of coordination! How impossible it seemed that you would ever learn how to hold your Breath! But what a difference NOW! You seem, do you not, not to be breathing physically at any time, though your physical breath is stronger today than it ever was . . . but you seem to be BREATHING SPIRITUALLY all the time --- BECAUSE YOU ARE LIVING SPIRITUALLY. This is Transmutation!

We are coming nearer to the understanding that Physical Breath is not at all the meaning of The Holy Breath from which all things come and to which all things return, for the simple reason that naught can permanently be divorced from THAT.

THIS SPACE IS FOR YOUR OWN NOTES

(b) The Way to Perfection Through Transmutation.

In our Perfection Breath - in the Path of Perfection - we rightly aspire, with the truest and humblest feeling of Love - that Love which is God - to Absolute Perfection, to Perfection in The Absolute . . . . God in me and me in God. Turn not, however, from thy physical action, for the instrument is that which causoth thee to come to understanding. Before you read on further, get your Bible, and read Proverbs 8 - verses 12-21 . . . . "I, Wisdom, have made Prudence my Dwelling."

And you and I, My Beloved, by virtue of the blessing that has come to us in our growing knowledge of The Law, as those who are to grow into mastership and be leaders of men and the saviors of the race, we must make prudence OUR dwelling. We bask in the sunlight of Perfection. We have come to the Holy Hill, to the Mountain of Man's Highest Hope. Let us not turn aside from that channel through which it has been made known to us.

Let us not merely learn something week by week, but let us feel that Mentalphysics is our Living Eternal Mother who leadeth us for ever in love, and let us return love for love.

Do you remember these words - they appear in "The Great Illusion" (Lesson 11, Initiate Group Course) :

> "To de-hypnotize the mind from its sensuous enmeshment and to awaken it to the consciousness of its real inheritance - OMNISCIENCE - means Eternal Life, here and now."

What did you think when you first read these words? . .what do you think when you read them now? You feel that you are LIFE, LIFE, LIFE - - - that there never was a time when you were not --- that there will never be a time when you shall cease to be . . . . BUT IN ALL TRUE HUMILITY AND CONFIDENCE YOU CAN SEE YOURSELF AS A GOD IN THE MAKING - full of KNOWLEDGE WHICH IS YOUR POWER - OVERFLOWING, YOUR CUP RUNNING OVER, WITH ALL THE POSITIVE QUALITIES OF UNIVERSAL LOVE, and you know that Love is God.

How happy we should be! How happy we ARE! How can we be otherwise? How can I, knowing what I know, ever again feel a single moment of unhappiness or unrest of spirit --- what does it matter what takes place or "happens" . . . . "I AM LIVING BY LAW, AND I KNOW MYSELF TO BE THE LAW."

NOTHING CAN BE ADDED, NOTHING IS LACKING ---- I A M W H O L E !!!

How unspeakably beautiful to know it. Let us be grateful.

(c) The Pure Naked Unmingled Fire.

And so, My Beloved, in our study we may now realize that we have come somewhat into the knowledge of the Transmutation Process, that we have learned the inner secret of subduing our instrument to the Eternal Harmony . . . . that we know how to let The Light shine through every cell of our physical bodies . . . that we can charge our higher body, the Mind, with "the Light that comes from the Flame that comes from the Fire that gives the heat."

THIS SPACE IS FOR YOUR OWN NOTES

Rest for a moment and know that you are consciously aware of the inner meaning which is deliberately obscured in our Inner Chamber work. You see, Beloved, we must be capable of seeing the same thing from countless angles, and the reason that I demand that these Commentaries shall not be touched by another hand or seen by another eye is because the great majority are not ready for these secrets -- and indeed would not know much about them even if they did merely "read" about them.

All allusions will appear wilfully obscure to the uninitiated. But you and I have uncovered the secret that we know how to separate the matter of ourselves into its essential relationships and join them together again into harmonious proportions. Having learned the way to convert the elements, - in other words, to discover The Fire, to find The Light, and then to use the Light so that every cell of our bodies has been trained to act as a torch, a lamp, a light ; . . . then we have somewhat arrived at the point of the diffusing of The Light, bringing all that we can understand of our VERY SELVES into perfect equilibrium and harmony.

> So that, on the Path of Perfection, WE COME INTO THE KNOWLEDGE THAT THE SPIRIT OF US IS NOTHING ELSE THAN A PURE NAKED, UNMINGLED FIRE. Just as the life of coal is Fire, so we have found that the LIFE OF US is the FIRE OF DIVINE LOVE, and that LIFE IS THE LIGHT EXPRESSED, and IT IS HEAT THAT CONSERVES IT.
>
> You, the earnest Aspirant, rest and wait, enjoying the glory of the WHITE ELIXIR, which is subtle, hidden, celestial . . that which generates all things, . and is the Origin of All Things. The ultimate is, through controlling It, you control all things and bring all things under your own dominion.

This week feel me near to you, and keep near to The Institute. Be very happy - very young in spirit - very grateful.

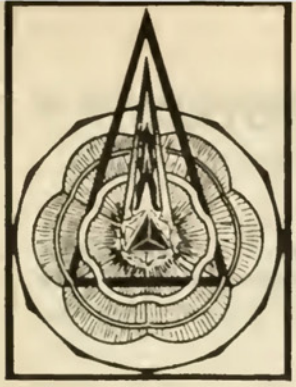
My Peace I give unto thee !

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Thirty-Eighth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



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The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **39**

"THE PATH OF PERFECTION" (7): Transmutation—Thinking "Downward," Thinking "Upward"; The Seven Systems of the Body—Breath, Bones, Flesh, Blood, Nerves, Food, Sex.

BREATHING EXERCISES FOR THE WEEK:

1. Same as in the Thirty-eighth Commentary.

MEDITATION FOR THE WEEK:

1. Use the same Meditation as in the Thirty-eighth Commentary, and if you did not fully do the work as instructed last week, carry on with it this week. Think of YOUTH, and place before it on paper all the adjectives you can think of to describe your own idea of Youth.

2. Then sit quietly, and FEEL what you have written. For example, you may put down the following -

   YOUTH . . . then
   BEAUTIFUL Youth
   HEALTHY Youth
   MAGNANIMOUS Youth . . . and so on, using all the words to describe Youth that come into your mind.

3. Take the word "BEAUTIFUL", and, associating it with Youth, FEEL THAT YOU ARE BEAUTIFUL YOUTH. . . THAT YOU ARE HEALTHY YOUTH . . THAT YOU ARE MAGNANIMOUS YOUTH . . . AND SO ON.

   You should come out of your Meditation with a feeling of unutterable bliss.

4. Do not think this is simple or unnecessary. It is the REAL way of Transmutation. For, when you think of it, to think on Youth is to transmute what is called "age" to its opposite. This is the right way - pursue it.

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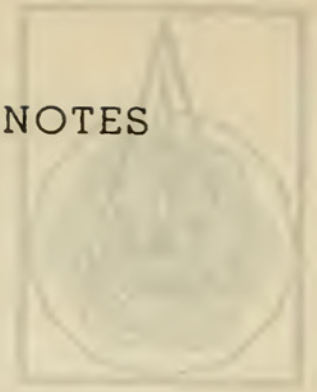


My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I hope that you have heeded instructions given you in your last week's commentary, for, as I remark above, this is the real way of Transmutation. Whenever we are conscious of any condition of mind or body that causes you pain or unhappiness, you must think of its opposite. This is quite simple.

(a) Removing Pain.

For example, suppose that you have what people call a "headache". (This is the result of wrong eating, I daresay ; and we in Mentalphysics surely know how to eat by this time.) But, just to suppose for a moment that you have a "headache". The more you think of that "headache," the more it will trouble you - or a toothache, or a backache, or any other "ache". Therefore, we must take our mind from it . . . <u>but how, you will ask</u>?

Well, by simply, deliberately, resolutely, definitely holding your thought upon your feet . . . if you have a "headache", do not allow your thought to rest upon the condition in your head, but think of the other extreme of your body, the feet. To dispel pain of any kind THINK DOWNWARD in the body, for the more you think UPWARD the more you concentrate your thought, and the more you consequently become conscious of the pain.

Therefore, the rule is :

(a) Whenever you wish to dispel any negative thought of any kind, THINK DOWNWARD.

(b) Whenever you wish to increase Joy (and this should be always), THINK UPWARD. We shall learn later that we raise ourselves from Earth to Heaven by thinking upward to the top of the head.

We have learned much more than we as yet realize, and the time is soon to come when we shall be able automatically to demonstrate in our lives what we have learned. We are engaged in the divine mystery of Transmutation, and the ultimate is to transmute our whole body from Earth to Heaven. We have referred to the "Melting" process, which is Transmutation. We have referred to the "Mixing" process, which is Transmutation. We have referred to the "Fixing" process, which is Transmutation realized.

Breath, you can see, is the <u>great</u> transmuter. And we are the masters of the Breath. We are engaged in the sevenfold transmutation - that is, the transmutation of the seven systems of the body.

1 - Transmutation of Breath, . . until we reach the Holy Breath.
2 - Transmutation of Bones - the Earth of us.
3 - Transmutation of Flesh - the Plant of us.
4 - Transmutation of Blood - the Animal of us.
5 - Transmutation of Nerves - the Man of us.
6 - Transmutation of Food - the Energy of us.
7 - Transmutation of Sex - the Will to Live of us.

THIS SPACE IS FOR YOUR OWN NOTES

Thus we are on our way to final emancipation from all poverty and every negative state. Our Body becomes "My Whole Body". We see and know ourselves to be pure Spirit, and we know our bodies to be Spirit embodied.

(b) God in Me - and Me in God for Evermore.

In short, we see ourselves AS GOD. My Beloved, if you were writing this to me, what would you say? How would you express that which cannot be expressed? How CAN one say in words the deepest essences of the Spirit? But we do not need to use words . . . what we are still, and always shall be, vitally interested in is HOW TO DO IT . . . how to truly attain.

Therefore, study this closely, and ADD TO IT :

THE PRAYER OF ALL THE DAY.

"Giver of Light - the Giver and the Gift :

"I approach Thy Throne. I am humble, I am true, I wait.

"I am still . . I am so still that I hear Thy Voice in Me,
I feel Thy Breath in me. I give thanks. I am happy!"

Having prepared yourself in The Silence, then declare with infinite softness of feeling --

My Substance in Thy Soul	Thy Substance in My Soul
My Being in Thy Body	Thy Being in My Body
My Omnipotence in Thy Breath	Thy Omnipotence in My Breath
My Righteousness in Thy bones	Thy Righteousness in My Bones
My Spirit in Thy Flesh	Thy Spirit in My Flesh
My Life in Thy Blood	Thy Life in My Blood
My Joy in Thy Nerves	Thy Joy in My Nerves
My Comfort in Thy Skin	Thy Comfort in My Skin
My Wisdom in Thy Mouth	Thy Wisdom in My Mouth
My Knowledge in Thy Head	Thy Knowledge in My Head
My Glory in Thy Hair	Thy Glory in My Hair
My Name in Thy Forehead	Thy Name in My Forehead
My Beauty in Thy Eyes	Thy Beauty in My Eyes
My Peace in Thy Ears	Thy Peace in My Ears
My Kindness in Thy Cheeks	Thy Kindness in My Cheeks
My Breath in Thy Nostrils	Thy Breath in My Nostrils
My Truth in Thy Tongue	Thy Truth in My Tongue
My Grace in Thy Lips	Thy Grace in My Lips
My Justice in Thy Chin	Thy Justice in My Chin
My Power in Thy Hands	Thy Power in My Hands
My Wealth in Thy Arms	Thy Wealth in My Arms
My Health in Thy Neck	Thy Health in My Neck
My Goodness in Thy Breast	Thy Goodness in My Breast
My Love in Thy Heart	Thy Love in My Heart

This is Real Prayer. This is real Transmutation. To think on the Essential TRUTH OF LIFE ITSELF.

THIS SPACE IS FOR YOUR OWN NOTES

The above is simply an illustration of self-analysis and presents for you a most efficacious way in which you can come gradually to KNOW that you are in God and God in you for evermore . . . that you are God in Human Form.

This may be taken merely as a guide for YOU to do the work. You may add to this almost indefinitely, to include all the phases of your own life - on the physical, mental and spiritual planes of your life.

It is a truly beautiful way of passing any leisure time, to take a pencil and paper and analyze your own life, and see how, on the one hand, you are infinitely capable of being and doing, and yet, on the other hand, "Of myself I can do nothing," but that all that I am, and do, and say, and think and feel and know are possible to me simply because "I LIVE IN THEE".

This coming week, then, will be a busy week for you. Be happy, give thanks . . . praise the Spirit of Light that is illumining your mind.

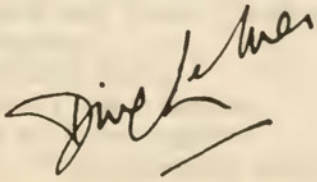
And again, my Beloved, may I ask you whether you are doing all that you can (and, as I hope you see you should) for Mentalphysics. Are you getting new students? How many have you brought in so far? That, after all, is the greatest work of all. We should apportion and tithe not only our substance, but our time also. You should spend a certain amount of your time to aggregation work . . writing letters, talking to your friends, consulting with other students, distributing literature which you should write for, and anything that can help on The Great Work.

And when I talk to you like this, do not think that I am not giving you valuable advice. The best thing that I can teach you is to live for others in The Law. When you have brought others into The Light, I assure you that your own life will take on an entirely different aspect . . it cannot be explained ; but it is altogether beautiful to realize that you have truly done something of an eternal nature for a toiling pilgrim you have met along The Path.

I leave you in the feeling of deepest reverence. You and I are linked for eternity, and I truly do give thanks for you - you are mine, and I am grateful that through me you have been brought a little nearer to the Great Understanding. I am most grateful and happy to tell you that our work is growing. As you know, Mentalphysics is not for the mob. Yet there are tens of millions of people like you and me who would give all that they possess to know what we now know. It is for us to sow the seed, to Spread The Light - and may we all find great blessing in doing so.

My peace I send to you. You are Love - and Beauty - and Strength - and Joy and you are in The Great Peace.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Thirty-Ninth Commentary,
The Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **40**

"THE PATH OF PERFECTION" (8): Transmutation—Ever Be Watchful; Light and Consciousness; Action and Non-Action; The Light That Shines of Itself.

RETROSPECTIVE

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

During the last nine Commentaries you have been going along The Path of Perfection. In this Commentary we rest a while. We have been contemplating the Transmutation Process, through what in Mentalphysics we call the "Melting." Let us, then, bring to our minds, with gratitude in our hearts, the manner in which, through our Breathings, we have come to understand the "Melting" and the "Mixing" processes. We have come to truly KNOW GOD . . we have come into conscious contact with the Ruling Spirit of Nature, entering more deeply towards our understanding of Causality and Universality and Essentiality. We have been admonished earnestly to fear and obey its Law, lest we should work evil instead of good through its means. We have come to know the Truth that "the Fear of The Law is the beginning of Wisdom."

A knowledge of the Holy in Nature is understanding.

(a) We Must Ever Be Watchful.

In the "Melting" and "Transmutation" process we must ever be watchful, and be constantly at work. Many times a day, if possible, if only for a single moment or two, we should withdraw ourselves and declare that we rest in the balance of action, operating The Law, so that we may more and more be lost with our whole spirit in the Center of Nature, and there behold how all things are begun, continued and perfected.

You are advised to go back over your Commentaries, and carefully consider anew the following :

Thirty-third Commentary	Page One, "Meditation for the Week."
do.	Pages Three and Four, "Linking Reason to Divinity."
Thirty-fourth Commentary	Pages One and Two.
Thirty-fifth Commentary	Study it all over again.
Thirty-sixth Commentary	Study it all over again.
Thirty-seventh Commentary	Page Two, "Rejuvenation and Regeneration."

THIS SPACE IS FOR YOUR OWN NOTES

You see, My Beloved, we are really learning - though it may appear to be slow, - how all things begin, evolve and come to perfection . . . and you and I are the measure of All Life.

Through the early Breaths, we have come to know how to enter into the Spirit, known to us only in The Silence, which is the Framer of all things, which pierces through and dwells in that central root, where we find all things are hidden, but where through practice we discover gradually that the most recondite mysteries will be revealed, until at last we come to see, as in a glass, the whole work and laboratory of the most secret Nature. And Nature is our Teacher.

No wonder that the philosopher recommends, if we are rational and truly desire further instruction, to shut ourselves within by means of Meditation, so that we may open for ourselves the door of a higher consciousness. But Breathing and Meditation - that is Right Breathing and Right Meditation - are so close to each other, as we have found, that through practice we find that one becomes the other - they are one, and they lead us to The One. And in the later Breaths, which we are beginning to encounter, we proceed to the process by which our Spirit is carried into the very perfection of Being.

Says the Hui Ming Ching, a profound book on life in the Chinese, a priceless book of wisdom :

> "If thou would st complete the diamond body without sensations,
> Diligently heat the roots of consciousness and life . . .
> Kindle Light in the Blessed Country ever near at hand,
> And, there hidden, let thy true Self eternally dwell."

(b) Light and Consciousness.

LIGHT in all philosophical teaching is the symbolical equivalent of Consciousness. The nature of Consciousness is expressed by analogies with Light.

THE LIGHT OF HEAVEN embraces the "essence" and "life", the "unity" inseparably mixed with the seeds of fire in the refining furnace (transmutation).

LIGHT is the ONLY tool that we have, and it is with the Light and in the Light that we come to the Great Meaning, the producing of an eternally Living and Immortal Spirit. Thus we met the "Masters" and the "Holy Men" and the "Higher Ones."

This Light is the "light that lighteth every man that cometh into the world, and which shineth on the path of the just." And in Mentalphysics we are learning to let our Light shine, and so, with our Light, gradually to dissolve the Dark Principle (Ignorance).

(c) Action and Non-Action.

What we have learned will appeal to the intellect, and will bring us pleasure in contemplation, but unless we engage in much practice, both in action and non-action, we shall not pass beyond mere intellectual understanding - we shall not come to the region of the Heavenly Heart (the consciousness). It is clear to see, however, that (even in the physical body alone) breathing is so closely associated with all we do, that as our concentration on any single idea seems to lead us from action in the idea to non-action in the heart of the idea, just so we go in action of the breath of the physical body to non-action in the center of the Heavenly

THIS SPACE IS FOR YOUR OWN NOTES

Heart (consciousness) . . . when breath seems to be merely the breath of the Heart, and not of the body itself.

In other words, we go back and back from the circumference to the center . . and then on and on through center after center to the very Center of Centers, to the Fire of Divine Love within us, . . . AND WE KNOW OURSELVES TO BE THAT WHICH IS - the One; the Tao, the Way, the Truth and the Light.

Thus, on our journey along our Path of Perfection, from the first step in perfect physical positive action of the Perfection Breath, we find the Outer Light, which results in greater light (or less darkness) in the body.

> NOTE: By this I mean that all of us in Mentalphysics has found better health, which is more LIGHT in the body. I have conducted hundreds of classes, and imparted personal teaching to thousands of students. At the first class, there is a "deadness" which is extremely heavy, and I have often thought to myself as I have walked into the Circle and seen the material that I have had to deal with, "Well, I wonder what I can do with this mixed group of people?" The next class is a little better, the third class is better still, and so on to the end of the class, . . when we find always a vibration so soft and subtle that the students cannot be recognized as the same people - all of them much better in general health - which is more Light in the body. Thousands of letters are on file in The Institute from students all over the world testifying to the same experience in their own lives as a result of Mentalphysics. We truly have cause for great thankfulness.

We have come, as willing apprentices, to find our tool - and our tool is LIGHT. Gradually, with right use gained through right teaching, our right action has begun the circulating of the Light, . . then increasing practice has brought us to the outer threshold, for we have refined our method and refined our tool, and are led into the Higher Light, more subtle as we go.

After this process has taken place on the physical plane, we have found ourselves automatically going upward to a higher plane - FROM THE PLANE OF THE BODY TO THE PLANE OF THE MIND, from the Outer to the Inward Breath, . . from the action of manifestation to the non-action of Life, from the gross to the subtle. So we link our Breathing with Contemplation, and are then led into Meditation -----

AND ALL THIS IS DONE BY THE LIGHT, WHICH SHINETH OF ITS OWN NATURE -- IT COMES OF ITSELF.

And so we have found the Breath that leads us to Eternal Life.

(d) Giving Thanks.

When you have read this far, rest. Just be lazy. Let the body sleep, but keep yourself awake. See how happy you can feel. See how grateful you can feel.

Let us joyfully think of all that we now know, all that we have been learning. See yourself as an immortal among mortals. See yourself as a great evolved soul. See yourself as one of the Elder Brothers of the race. Be reverent in your joy, as you give thanks.

THIS SPACE IS FOR YOUR OWN NOTES

I am sure that most of my students, though they had not the slightest idea of my meaning at the start of their teaching, now know what they were being taught in the instruction, "Watch Your Breath!" In watching our breath we first felt that our consciousness was directed towards "listening" to our breathing, and at this stage the heart seemed to be all a-flutter, which the watching process itself seemed at first to create. Then, as we watched with our mind, the outgoing and the incoming of our breath seemed to slip beyond our notice, so that we became gradually unconscious of either sound or tone in the breath - our breathing seemed to go from the rough or superficial state, slowly penetrating what is fine within us. Then the heart became light, the body became light, the consciousness became finer and clearer. As this proceeded, after some days the breath seemed to cease in practice - cease being an Outward breath and came to be an Inward breath. And, if with you it has ceased in your practice to be an Inward breath, the TRUE or HOLY BREATH is being made manifest within you.

If this is so, bow thy head in reverence before the Wisdom within thee.

If the breathing is light, the heart is light and the mind clear, for every slightest movement of the breath affects the heart action, and the whole body as a consequence. When the breath becomes so light that the heart and the body are not affected, the breath then goes inwards, seems to stop and becomes the Breath of The MIND. So, in order to steady the heart and the body, we begin in Mentalphysics to cultivate true breathing power . . . . going on and on in the refining process, "Melting" and "Mixing" and "Transmutation", so that in the end we can at will sink into the REAL of the Center of Ourselves through complete mastery of our Breath - that Breath which indeed is THE LIFE.

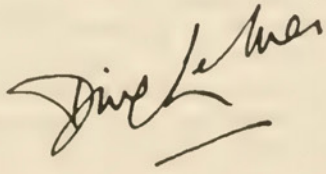
After that we find that to LIVE we must not be lazy, for it depends entirely upon how we USE that which we have, for from him that hath shall be taken even that which he hath.

We have learned all this, and we have begun its realization - so WE DO GIVE THANKS. And I daresay that, as in practically every one of your Commentaries I tell you to practice, practice, practice, you may feel inclined to wonder when it will all end. But, My Beloved, LIFE goes on . . and we are going on IN LIFE. We have come to see that the reason for our very living is to understand Life Itself. So we must be strong and never weary . . every day we shall learn something more, and KNOWLEDGE is our only POWER.

So faint not. Be strong. Be happy. Keep close to The Institute, and every Thursday night, eight o'clock Pacific Standard time, remember that there are gathered here in Los Angeles your fellow Nobles of The Light, and that you are with us in the Immortal Spirit of Life.

My Peace I give unto you always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



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End of The Fortieth Commentary,
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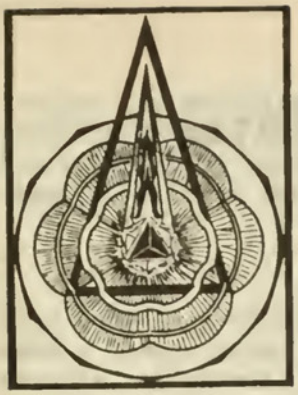

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COMMENTARY **41**

"THE PATH OF PERFECTION" (9): Transmutation—Your Body Is Your Bible; Secrets of The Holy Breath—"Thy Breath in My Breath"; Instructions for the Week.

BREATHING EXERCISES FOR THE WEEK:

1. Go through ALL your Breaths as printed in the illustrated sheets from the Harmonic Breath to Your Own Spiritual Breath, just as you did at the start of your practice in Mentalphysics. Breathe them once a day on the first, third, fifth and seventh days of this week of practice. Do them silently and mentally on the second, fourth and sixth days of the week.

MEDITATION FOR THE WEEK:

1. Turn back to the Thirty-ninth Commentary and choose from the declarations quoted on page three of that Commentary those that particularly appeal to you. Choose seven of them, and use these in your Meditations during the week.

2. When coming out of your Meditations each night, think consciously for a moment of the wonder of your physical Breath, and go to sleep with this statement in your mind :

"I THANK THEE, LORD, FOR THE BREATH OF MY LIFE."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

How wonderful it would be if all the Nobles of The Light could gather together here at The Institute for just one glorious evening together. But this week, particularly, FEEL that you are here with us. You have photographs of The Institute - fix them in your mind, and FEEL that you are here. On Thursday night, make that your Inner Chamber night, and sit in peaceful meditation from eight to ten p.m. Pacific Standard time, and know that you are with us. But the time may come when you WILL be able to come to The Institute for special teaching, and the way to bring this desirable condition about is to be loyal to our Mother and to Her Home. What do I mean? By Spreading the Light. How? By gaining others, who are seeking, for our great and beautiful philosophy of living. Try this week to enroll ONE

THIS SPACE IS FOR YOUR OWN NOTES

student for Mentalphysics. MAKE UP YOUR MIND THAT YOU WILL DO SOMETHING VERY DEFINITE TO MAKE THIS EARTH A BETTER PLACE TO LIVE ON BY LEADING ONE THIS WEEK TO THE LIGHT. You can do it - will you? Your measure of interest in the human race is what you will do this week.

(a) Your Wondrous Body.

Your body is your bible. The human body is everyman's Bible. We are to start this week a deeper study of Transmutation, and shall, of course, use the body as the example. A Chinese proverb says : "Man has his example in the earth (his body) ; Earth has its example in Heaven ; and Heaven has its example in THAT."

Speaking of the body as being the veritable key to all knowledge, I quote this beautiful passage from the writings of Maranatha:

> " . . . His body gives to man the keys of earth and of Heaven, to unlock the treasures of this world and of all the worlds to come. It is his own especial Word of God wherein he may read the Will of his Creator, and the history of the Universe . . . . Only as he is able to understand aright his own body, will he understand the Universe of which it is the miniature.
>
> "The living body of every student is in itself the Book of Life wherein is stored all the knowledge that he sees elsewhere, but in his blind and hopeless search he actually destroys the wonderful archives which he carries with him unawares."

All of us can endorse this. The body is the Great Interpreter, and I feel that there is not a single Noble of The Light who has not discovered once and for all that the body is The Temple of the Living God. But the Living God is not fully known to us. We are aware that "God is within me", but through practice, practice, practice alone can this be made a REALity. Let us give thanks that we are on our way to the full understanding of this Truth. And that practice is Transmutation.

Turn back to Page Two of The Thirty-ninth Commentary, and you see the seven systems of your body . . . . . (1) Breath ; (2) Bones ; (3) Flesh ; (4) Blood ; (5) Nerves ; (6) Food ; (7) Sex.

This week we are to dwell upon the Transmutation of Breath. Without a doubt there is no body of people in the Western world who know so much about their Breath, which is their LIFE as the Nobles of The Light in Mentalphysics. We have learned how physically to breathe,we have learned how to breathe mentally, and in some measure have - probably unconsciously - learned somewhat of Transmutation of the Breath into spiritual substance . . . in short, we have learned somewhat how to go from Earth to Heaven.

In our breathing studies so far, we have learned that Air is of secondary importance even on the natural plane of life, since it does not produce the vital energy of the living creature. Breath is vital, of course, but physical breath is only used and transmuted by the Vital Energy. Physical breathing is simply one of symbols, or effects, of the profound Mystery called LIFE - a mystery which baffles all objective research.

I can imagine what you are thinking as you now read this statement. You will be saying - "Why, Ding Le Mei has been teaching me all along that breathing is of paramount importance, and now he comes to me and says that 'physical breathing is simply one of the symbols, or effects of the profound Mystery called LIFE - a mystery that baffles all objective research.'" But is it not true? We know that it is. Our

THIS SPACE IS FOR YOUR OWN NOTES

Breathings have taught us concentration, for while we have been deep in our breath - no matter what the particular Breathings - we have FELT the Vital Energy within us. Point by point we have gone on to understand THROUGH FEELING, and that was the first step in Transmutation.

(b) The Holy Breath.

The time has come now for us Nobles of The Light to know the TRUE meaning of the Holy Breath. The act of breathing has now become with us an act of intimate communion in which Spirit, Mind and Body are felt as ONE. In the thought and feeling of Your Own Spiritual Breath the act of exhalation will no longer carry its natural interpretation of "waste product", or "carbonic acid gas", but it will be that you are sending to all the world, TO EVERY LIVING THING, the highest that is in you. The act of inhalation has become so beautiful to you that you know that you are taking into you consciously, or allowing to flow into you consciously, the Spirit of the Universe, the Light of Divine Wisdom. In so far as we have succeeded in consciously holding this supreme thought in our minds, so have we mastered the Transmutation of our Breath, and we know that as we practice we shall, through transmuting the physical breath, bring ourselves to a state of true breathing-ness, which is BREATHLESSNESS, . . . "Thou Breathing Through Me and In Me - THY BREATH IN ME."

At this stage I wish to warn you. If you HAVE NOT mastered your physical breathing, do not think that you will succeed in the higher expression of breath, for it is necessary for you, through right physical breathing, so to train the subconscious mind that it takes up all the work and causes your body fully and properly to breathe. Therefore, never allow yourself to under-estimate the power and importance of right PHYSICAL breathing. For every form of breathing thereafter that you study will be in correspondence with physical breathing power that you have developed and mastered.

Of course, you see, do you not, that to breathe properly means much more than the mere words convey--it means that you have learned -

(a) how to breathe physically;
(b) how to concentrate mentally and so harmonize your physical breathing with your thinking;
(c) how to relax, and so harmonize your physical breathing with your emotions;
(d) how to meditate, so that you harmonize your breathing into the rhythm of the Great Breath of the Universe;
(e) how to surrender to God - but you now know what God is - and harmonize your breathing with The Silence;
(f) how to enter into a superconscious state where Time and Space are not, but where there is only the bliss of contact with and absorption by THE ONE.

Breathing as we are learning it enables us to declare and to know because we feel ---

Thou art my Breath - Thy Breath in me.
Thou art my Thought -Thy Thought in me.
Thou art my Rest - Thy Rest in me.
Thou art my Peace - Thy Peace in me.

(c) Instructions for the Week.

When we are able to SAY this and to KNOW it, we are well on our way to true Transmutation of our Breath, which we know to be the flywheel of ALL Life. Therefore, this week, on the three days that you will NOT engage in any physical breathing, feel

THIS SPACE IS FOR YOUR OWN NOTES

that you are in an Ocean of Joy . . . so very, very happy, and peaceful, and restful, and silent, and absorbed by LIFE ITSELF.

Then write! Take the word "Surrender", and think about it. Think of the many meanings that it conveys. To relax, to let go, to melt, to be lost . . . and so on. Put down as many meanings as will flow into your mind, and then construct sentences that flow into your mind - such, for example, as ----

"I SURRENDER to Thee, the One Within me.
I rest in thee, who art breathing through me.
I feel in Thee, and I feel to the degree that I feel Thee
Breathing within me." . . . .

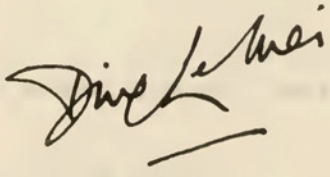
and so on, and so on.

You should be able to make up at least a hundred declarations of Truth, which will become the means of taking you further and further into The Silence, further and further towards true Transmutation of your Breath.

And as I close this Commentary, oh, I wish that I could grip you all by the hand. I wish that I could make you feel just exactly what is in my heart. I can see Mentalphysics spreading all over the world. I can see tens of thousands of people fired just as I am fired - and as I hope you are fired - to bring suffering humanity into the haven of their own true nature. How can we do it? I am doing all that I can in as efficient a manner as I know . . . but of myself, and we in Los Angeles, of ourselves, what can we do? It needs cooperation, and enthusiasm, and love, and light, and charity, and all the best that is in all of us . . . . and what is this but Transmutation? We all have to learn to work together transmuted, transformed, so that in this incarnation we shall reach the highest point that we each evolutionarily are equipped to reach. May it be so, My Beloved, and may the Spirit of Life enlighten our minds so that we shall DO in life the highest that we know.

My Peace I give unto you - you are at peace, for you are Life, the Creator in human form. From me there goes to you my Breath, but not mine, but the Holy Breath, and it is so for ever and ever.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Forty-First Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY **42**

"THE PATH OF PERFECTION" (10): Transmutation of Bones; Framework of the Body; Your Body Is Only Feeling; "I Am the Substance of All Thy Feeling."

BREATHING EXERCISES FOR THE WEEK:

1. No physical breathing this week. Instead, morning and evening, cultivate Breathing in the Silence -- that is, breathing into yourself the essence of The Silence. Sit and watch your breath - then FEEL that the very subtle substance of Silence is flowing into you, and you are so still and entirely undisturbed that you do nothing to prevent its free flow into you. Moreover, you can actually FEEL the inrush of the substance of the Silence coming in everywhere throughout your body, and as you watch this glorious process, you are conscious of nothing else.

2. You can feel this substance coming into you so strongly that it sweeps all before it - all sensations and feelings other than the even, free, full flow of this invisible substance. It is coming in through your skin, through your flesh, through your bones into the very center of your physical self. Also into your mind - you have come to a feeling of utter emptiness, which is fullness - and know that the Essentiality - the actual substance of LIFE ITSELF - is flowing into your mind in the form of Light and Wisdom.

MEDITATION FOR THE WEEK :

As you undertake the exercise outlined above, you will merely take the generic meditation --

"I AM LIFE . . . I AM LIFE . . . I AM LIFE."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

We are to proceed this week with a consideration of Transmutation of Bones. It is an advantage if the Noble knows somewhat the construction of his own body.

THIS SPACE IS FOR YOUR OWN NOTES

The human body, says a prominent medical man, "is an animal organism, differing in only a few respects from other animal organisms, and fitted, by the processes of selection and evolution, for the performance of two main functions -- the conversion of food and air into energy and into tissue, and the reproduction of other individuals of its species." We feel sorry for the writer of this statement, for he leaves out altogether the fact that the body is merely the instrument of the Immortal Spirit, and when we include this idea, the above is a good definition of the human body and entirely different.

As I say, we should know something about the framework of the body - the bones, the joints and the muscles.

(a) Framework of the Body.

It is the bony skeleton which gives the body its general shape. As you know, the bones are held together by ligaments of connective tissue, which allow movement between the bones, and where these movements take place are called the joints. The movement of the joints are made possible by the contraction of muscles. Muscles, as you will also know, are attached from one bone to another. I shall not use space here by talking about the bony structure of your body, and I daresay that you are familiar, more or less, with the subject. If you are not, I would either get a book and acquaint yourself with the main facts of the human skeleton or study a skeleton. And in doing so, THINK! You will find that all the bones are perfectly connected, so that the Life Force, so to speak, runs like a perfect electric current through a perfectly ordered and connected-up electric plant.

When you look at your own body from WITHOUT you get a totally different idea of it than when you are looking at it from WITHIN. Looking at it from without, you can feel your bones ; but looking at it from within, when you are perfectly still, you will not be aware of anything that you can recognize as "bones". You will not feel anything like the pictures you have looked at or the skeleton you have viewed. NOW, GET THIS IDEA FIRMLY FIXED IN YOUR MIND. You can see that when you are sitting in meditation, for example, and are perfectly at peace, you do not know that there are any bones in your body - that is, you cannot feel them . . . there is not even any consciousness of hardness or density, for that matter, for you feel "as if I am on a cloud, or on the bosom of a far-outstretching sea."

In this state of silence even the sense of your own form is lost to you, but with the least movement it may be recalled immediately. What I mean is that, while in deep meditation, you lose all consciousness of the hardness of the structure of your body - indeed of your entire body - you nevertheless can press with your fingers upon your leg and feel the flesh giving under the pressure, and can feel the bones under the flesh.

Now the bones of your body are the Earth of you - the solid substance of you. You stand upon the Earth, and you know it to be solid substance. You use your body, and you know that you can do a million million things with the body, but only if the bones (the solid substance) are sound, for the bones determine the FORM, and it is the FORM of you that does the things that your Spirit or your Mind decides shall be done.

Although I am writing thus, and causing you to THINK, there really is no need for you to THINK in learning the Truth of your body. For instance, you may read all about the body and its multitudinous wonders, as many do, and yet not get to KNOW THE TRUTH of your body ; whereas you may stand up straight, raise your arms above your head and stretch the body up to its full stature, or you may breathe deeply

THIS SPACE IS FOR YOUR OWN NOTES

as we have learned to breathe, and the BODY WILL TELL YOU ITS OWN STORY. Because LIFE is FEELING - or we know Life through FEELING; and as you FEEL your body and the astoundingly beautiful force within it, you come to know it, and gradually, through feeling, know its inner, hidden force by means of its gradually perfected expression through your body - through FEELING.

Indeed, it is better to "have no tongue" when FEELING in and through your own body --- YOU WILL KNOW WHAT YOU FEEL, and then you will FEEL WHAT YOU KNOW, and all WORDS are useless. For your Life is known to you through FEELING.

And it is FEELING that is the instrumentality of Transmutation.

(b) The Body is Only FEELING.

We get a different idea of the body entirely when we realize that it is really nothing but feeling - your whole experience is what your FEELINGS have been. Now, this will require a little silent analysis, but I feel sure that you will be able to realize it as true.

The body would be nothing at all, would it, if it were not for your feeling THAT within it? Your eyes would be of no value were it not that THAT looks out on the universe through your eyes, causes you to gather phenomena, and the phenomena causes you to FEEL . . . AND WHAT YOU FEEL IS THE FINAL KNOWLEDGE. THAT (the Creator, the Creative Life) within you teaches you what your bones are, and really what you call "bones" are feelings. Indeed, the COMPLEX TOTAL OF FEELING IS WHAT YOU CALL YOUR BODY.

Thus we can see how comparatively easy it is to TRANSMUTE, for what we are transmuting is FEELING.

And in a word, all that we have to learn is the FEEL the Creative Life in every part of us, knowing that all that we have to do is to USE it through our bodies to enable THAT to do its perfect work through us and for us. In Your Own Spiritual Breath you have learned beautifully how we are all connected with Every Living Thing. It is the same principle in your body - all is connected perfectly; it is the same in what you call YOUR Mind, for it is all connected perfectly with the Universal Mind.

Contemplate these words :

"I AM THE SUBSTANCE OF ALL THY FEELING - THOU ART FEELING IN ME"

"WHATEVER THE CREATOR IS, I AM."

I hope that through the study of this Commentary you will get the same elation as I feel. How wonderful it is to know that Life is expressing through us. We know that LIFE cannot err - it is we who err. Therefore, how simple to see that if we will only discipline ourselves to FEEL the INNERMOST LIFE within us, everything that makes up our life will be perfect, and that every bit of experience will be just what the Innermost Life (God, the Creator, THAT) would have it be. We "hurt" ourselves : why? Because we do not know enough as yet to FEEL perfectly. Can you not imagine the Creator (the Creator of our feeling) within us saying, when we have made a mistake : "Child of Mine, walk carefully and lightly. It is not the hardness of life that hurts you, but your own hardness. You bruised yourself against your own feelings. Watch a little more closely, and a little more silently. Watch ME, and I will teach you. I am within you, and in love I ask you to watch a little more so that you do not bruise yourself again against your own feeling."

THIS SPACE IS FOR YOUR OWN NOTES

(c) Instructions for the Week.

What I have so far written you will doubtless agree with, but the eternal cry will come - "Yes, but HOW?" That is the question.

Well, then, this week let us practice quietly.

(1) Sit quietly two or three times a day (just for a minute or two at a time) sink immediately into a state of relaxation and meditation.

(2) Say audibly, or inaudibly as you prefer, "I am now breathing through my bones. My Breath is now coming into me through my bones."

(3) Say silently, with great feeling, "THE FORCE OF LIFE IS NOW COMING INTO ME THROUGH MY BONES . . . . I GIVE THANKS FOR MY BONES."

(4) Then during the whole of the day think of your wonderful skeleton, FEEL that wonderful skeleton. This may not be so easy, so the best way is to isolate a part. Take your right hand and LOOK at it - move it - move the fingers - see how tight you can double up your fist, see how limp you can make your hand, see how much feeling you can make come into your hand, and see how fine is the touch of your finger tips. What gifts your hands bestow upon you, and all is done through the bones! Contemplate how your earth body is made of the earth - the dust of the ages ; then contemplate how, through the touch of the Magic Spirit of life, you - though made of the dust of the ages in your physical body - are able to work with those hands, to write, to enjoy exquisite pleasures through the agency of your wonderful hands. You are able to heal others with your hands, and to convey gifts of rare beauty through your hands. The Truth of your hands - the Truth of your bones - will keep you from wrong use of your whole body, taking you through right use into a full and eternal knowledge of YOUR WHOLE BODY - this Wide Universe.

(5) Take other parts of your body - your feet, your legs, your head and so on; and go through the same mode of contemplation.

My Beloved, read and re-read this Commentary. It may not be very "literary", but, though I would desire to write so that every word of these Commentaries burns itself into your soul, I am not interested in appearing to be "literary". Great truth is explained herein. Therefore, study with diligence in the Spirit, and may The Spirit, which is your FEELING, teach you and lead you in The Way.

Knowing what this Commentary purports to teach, you will see the wisdom of "Be Happy - Give Thanks."

Be happy this week, and give thanks. Know that here at The Institute I think continually about you. I realize my responsibility to you, for when I agreed to become your Teacher it was not done thoughtlessly.

My peace I send to you - rest in THAT . . . . I in Thee, and Thou in Me.

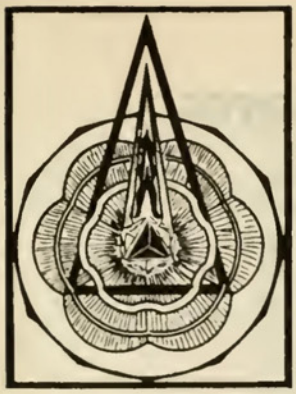
Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Dine Lehman

Written in Faith at
Los Angeles, California, U.S.A.

End of The Forty-Second Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **43**

"THE PATH OF PERFECTION" (11): Transmutation of Flesh; Its Understanding Means Eternal Life Here and Now; How Death Becomes Life.

BREATHING EXERCISES FOR THE WEEK:

Repeat the Exercises as outlined in the Forty-Second Commentary.

MEDITATION FOR THE WEEK:

Repeat the meditation as outlined in the Forty-Second Commentary.

ADD to your Meditation :

"MENTALPHYSICS IS THE LIGHT OF THE WORLD.
ALL HER ECONOMIC DIFFICULTIES ARE BEING FULLY MET."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

"WHY SHOULD I NOT PRAISE THEE, O MY FATHER? THOU GAVEST ME LIBERTY IN ALL MY WAYS, AND DIDST ANSWER ME ACCORDING TO MY DESIRES. NEITHER ONCE HAST THOU TURNED AWAY FROM ME NOR AFFLICTED ME; BUT BECAUSE OF MINE OWN VANITY I CUT MYSELF OFF FROM THEE. YEA, THOU HAST SHOWN ME THAT TO GLORIFY THEE IS THE FOUNDATION OF THE HIGHEST HAPPINESS: TO SING TO THEE IS THE GREATEST DELIGHT; TO PRAISE THEE IS THE HIGHEST WISDOM."

As you have practised your Forty-Second Commentary, which dealt with "TRANSMUTATION OF BONES", you have doubtless made a great impression on yourself, so that you have a very definite feeling of Surrender. This Commentary is to deal with "TRANSMUTATION OF FLESH."

THIS SPACE IS FOR YOUR OWN NOTES

"Except ye eat the flesh of the Son of Man, and drink his blood, ye have not life in yourselves. He that eateth my flesh and drinketh my blood hath Eternal Life ; and I will raise him up at the last day. For my flesh is true meat, and my blood is true drink. He that eateth my flesh and drinketh my blood abideth in me, and I in him. As the Living Father sent me, and I live because of the Father, so he that eateth me, he shall also live because of me.
This is the Bread that came down out of Heaven ; not as the fathers did eat and died ; he that eateth this Bread shall live for ever . . . . It is the Spirit that quickeneth ; the flesh profiteth nothing ; the Words that I have spoken unto you they are Spirit, and they are Life." - John 6, 53-63.

Then we read :

"And the Word Became flesh, and dwelt among us full of grace and truth, and we beheld . . . "

and much else that does not seem to make sense until we have learned Transmutation.

(a) Reviewing the Last Commentaries.

Occultly the flesh of the body is the Plant life of the Universe. The Breath of you is the Air of the Universe ; the Bones of you are the Earth ; the Flesh is the Plant ; the Blood is the Animal ; the Nerves are the Man of you ; the Food is the Energy of you ; the Sex is the Will to Live. We have to learn to surrender all of these, though we are dependent upon each of them for our very life expression.

So far, however, we have learned how to transmute our Breath, and in the Forty-second Commentary we have been introduced to the method of transmutation of the bones, which exercise is the same for all phases of Transmutation, the only difference being that the thought is held first upon the Breath, then the Bones, then the Flesh, then the Blood, then the Nerves, then the Food, then the Sex Energy.

We have found, in our first analysis of the act of breathing, that air is of secondary, not primary, importance, even on the natural plane, since it does not PRODUCE the vital energy of the living creature, BUT IS USED AND TRANSMUTED BY THAT ENERGY. And we found that breathing is itself but one of the signs, or effects, of the Mystery called LIFE, the mystery that baffles all objective research. And I say categorically right here that the Mystery of LIFE ITSELF will not, and cannot be solved other than through a knowledge of TRANSMUTATION.

While Breath in its inner essence is LIFE ITSELF, there is but one way to get to an understanding of the Inner Breath --- and that is by first becoming master of the Outer Breath, coming from the outer circumferences which have emanated from the Center, to the Inner Breath, which is the Center of Centers of Centers of Centers.

We do this, as we have seen, by FEELING --- and throughout the teaching of Mentalphysics we have been taught that Life --- your life, my life -- is understood only as we FEEL it. LIFE IS FEELING, and Right Feeling is Transmutation.

THIS SPACE IS FOR YOUR OWN NOTES

As we have proved that Transmutation of Breath means the silencing of the physical Breath - bringing ourselves from Breath to Breathlessness - so we now see that Transmutation of Flesh means the silencing (or the "Death" of our Flesh) . . . in other words, OUR NATURAL HUMAN FEELING . . . AND OUR GLORIOUS RESURRECTION INTO THE SPIRITUAL LIFE OF DIVINE FEELING, or Oneness with The Creator.

Many people declare that they do not "believe" in the Bible. It is true that the Bible is apparently filled with paradoxies and unintelligibilities, but there is Wisdom here -- it is the home of Divine Wisdom, though there are, of course, other books equally charged with the Wisdom of Divinity. But your BODY is your Bible, and you are still writing the Scriptures, and Transmutation is the tool of the amanuensis.

(b) Understanding of Transmutation Means Eternal Life Here and Now.

Therefore, we can see that in this there is a Divine secret. All that we have to do is to practise. There are many books written and much advice offered upon the subject. Just as there is upon Meditation -- but what we are in need of is knowledge of the way to do it.

The average teacher tells you to "surrender", to "Let go," to "become one with God", to . . . well, TRANSMUTE ; but he does not show you the way to do it.

Here we have The Way disclosed to us, and we should, and shall with practise, be able to do it at any time . . . indeed, we shall more and more find that what we call our life is divided into two general divisions of expression ... (1) Doing with all our heart and mind and spirit what we find to do, and doing it as unto The Law and making this a better place for us to live upon ; and (2) "resting in The Lord", "Listening to the Voice of The Father", in other words, constantly transmuting and "remaining in The Father's Presence".

How grateful we all should be. Transmutation - becoming One with God - is a great science. It is not a hit-and-miss thing -- it is based on laws as real as electricity and magnetism and thought, none of which we can see (unless we have learned thoroughly), but the effect of which is abundantly evident everywhere.

Transmutation teaches us what Life is, what Death is - and more than this there is nothing to learn. And only when we understand, through Transmutation, what Death is can we truly know LIFE. With mastery of Transmutation, the natural Law of Destruction becomes the Eternal Law of Renewal - the Law of Fear and Failure becomes the Law of Courage and Success, and so on, and so on. The Crucifixion becomes the Resurrection - all Darkness disappears because of Light - all Hate disappears because of Love - all Personality disappears because of Universality . . . . All becomes The One, and we become the One . . .

"I MYSELF AM HEAVEN AND HELL!"
DEATH BECOMES LIFE -- AND WE KNOW THAT WE ARE LIFE FOR EVERMORE.

When you think of it, you should be very happy. More human misery and agony have been wasted over the idea and the Lie of Death than any other experience known to man. The word itself is the signal for all joy to flee. Death is a mystery so dark and so forbidding that, instead of penetrating it and discovering its true nature, man has accepted it as a terrible and awful god whom he is everlastingly endeavoring to appease and whose approach he regards as the supreme evil. Death to the mind of most people is the Destroyer, and the dread symbol for Death is the human skeleton. Children, unless introduced to the idea by their elders, know naught of Death.

THIS SPACE IS FOR YOUR OWN NOTES

(c) A Human Story.

Do you remember your first idea of Death? - I do. I was a little boy, sang in the choir, blew the organ sometimes for the dear old organist who gave me a penny now and again. Then he "died", so I was told, and I began to ask questions, and they told me that I should never see him again. What? . . not SEE him again. with his wonderful white whiskers and his silvery hair, and his smiling face and his pleasant voice . . . they were all wrong - how could he be "dead"? Then the day of the funeral came, and I had to attend to sing at the graveside. I saw the box lowered into the grave, I heard the rattle of the earth upon its lid on that dark, wet November day. But I was thinking of my rabbits and my flowers - they might know something about what they called "Death", but I truthfully did not, and I wanted to get back home -- oh, how I was bored as they sang (and I sang under order) "A few more years shall roll, a few more seasons come, and I shall be with those that rest, asleep within the tomb." None of it made sense to me. I KNEW my old organist was not dead, and I believed that I could prove it.

I was as sure that he would be at the organ again next Sunday as I was sure that I was alive. So I said nothing. I looked forward to Sunday morning. I thought of him all the week, and wondered what all that "funeral" had been for. Then Sunday came. I was up bright and early, and was over in my choir seat earlier than usual, for I was convinced that I was going to prove that they were all wrong. I waited. The minutes were agonizingly slow in passing. I burst out in a cold sweat with excitement . . I was waiting for him, just waiting, quite sure that he would come. And then . . and then he did not come, but into his seat at the organ there came his eldest son ----- and then I broke my heart. I knew that there was Death!

What a mockery! What ignorance! What sacrilege! NOW I KNOW THAT THERE IS NO DEATH. for I know that I am LIFE ITSELF - self-manifesting, self-existing, eternal. AND, MOREOVER, I CAN PROVE IT THROUGH OUR GLORIOUS SECRET KNOWLEDGE OF TRANSMUTATION! How humbly grateful I am - are you?

Oh, My Beloved, to know this is to know all --- but we must work so that we are constantly in The Spirit. We must LIVE in Him, and know that He Lives in us -- not for an hour or a day, not for just a year --- BUT ALWAYS, and ALL WAYS! The knowledge is overpowering - it overwhelms us - we can but give thanks - we can but be happy . . . . "I Thank Thee, Lord . . I Thank Thee, Lord, Lord of my Life - in Whom I live and move and feel and think and know and have my BEING. . . . I thank thee."

"AND TO THEE, IN WHOM I LIVE . . WILLINGLY DO I DIE
IN THEE, FOR EVERMORE THOU LIVEST IN ME."

This week, My Beloved, continue the exercise in your Forty-Second Commentary, changing the thought to the Flesh of thee --- the flesh that dieth daily, if we are humble and wise - instead of the Bones, as last week.

Be happy - oh, be so happy this week . . for your Joy is the essence of The Life that propels the substances of the Universe.

My Peace I give unto thee - for thou art me, and I am thee.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Dion Lemai

Written in Faith at
Los Angeles, California, U.S.A.

End of The Forty-Third Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **44**

"THE PATH OF PERFECTION" (12): Transmutation of Blood; Your Wonderful Heart; Secret of Act of Abandonment; "Thou Art in Me for Evermore."

BREATHING EXERCISES FOR THE WEEK.

Repeat the Exercises as outlined in the Forty-Second Commentary.

ADD to this the Breath "Your Own Spiritual Breath."

MEDITATIONS FOR THE WEEK.

Turn back to The Thirty-Ninth Commentary (page three), and read over many times from "THE PRAYER OF ALL THE DAY."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I often wonder whether we give to them the attention these Commentaries deserve. So much in Mentalphysics has to be "excavated". Many times I have been written to by students who, having worked for a year perhaps, have suddenly had revealed to them what they had "learned" a year before. So it will be with you. You will take these Commentaries week by week, and will read them, and you will come back to them from time to time, and then, sometimes as if by magic, you will awaken to the TRUTH of a certain Commentary so easily and so suddenly that it will surprise you.

In the matter of Transmutation, we are getting along to understand that, while there can be but one exercise by which we may learn the Sacred Art, it is necessary for us to see that Transmutation of the whole of the "departments" of the body is necessary.

This week we deal with "TRANSMUTATION OF BLOOD." In the blood is the LIFE. Blood is the nutritive fluid of the tissues and the great carrying tissue of the body, the well-known red fluid which fills during your earthly life the arteries and veins of your body. As the great carrying tissue of the body its functions are three-fold, namely :

THIS SPACE IS FOR YOUR OWN NOTES

1 - To convey the food material to all the tissues of the body;
2 - To remove thence the waste products; and
3 - To carry oxygen through the red corpuscles; without oxygen the act of respiration could not be carried on.

Blood is the Elixir of Life, the "Ichor of the Gods." Air is the "raw material" for blood, and when it is drawn in or breathed in by the Infinite Alchemist" to the blood vessels, it unites with the philosopher's stone, mineral salts, and in the human laboratory creates blood. It would be well for you to know something about this miracle of your blood. Information is easy to get from any authoritative medical book on the circulation. In learning about your blood, you will also learn how closely related are your Blood and your Breath.

(a) Your Wonderful Heart.

Your blood consists of an almost colourless fluid, the liquor sanguinis (or blood-plasma), in which float a large number of small corpuscular bodies, the blood corpuscles or blood globules. The proportion of these to each other by weight is about one-third corpuscles to two-thirds plasma. The quantity of blood in the body by weight is about one-thirteenth part of the whole body. Examine a drop of blood under the microscope and you will find corpuscles floating about, and they are two kinds, distinguishable chiefly by their color - red and white. The white are very much fewer in number than the red, the proportion in healthy blood being about 1 to 355, but even in health this is subject to considerable variation.

But we are not teaching physiology here. You can get this information easily at any library, if you care to do so.

When we think of "TRANSMUTATION OF BLOOD" we think at once of the heart, the great blood pump of your body. Practising the exercise for transmutation, we know that when we become still, we only know the blood as warmth, as well as the rhythmic beating of the heart. In most philosophies, blood is translated as "Life", yet to the average human being there is a peculiar repugnance in the mind when he thinks of blood or of the word.

But when we get to know about the wonders of the blood, and the wonder of the heart, we stand in reverence, in veneration, before the Divine Wisdom which flows through even our physical blood. That wondrous little heart of yours, if you are in perfect health (and you should be), it has been calculated by a noted physiologist, does enough work in 24 hours equal to raising a man of 150 pounds twice the weight of the Woolworth Tower in New York - and the work is carried on second by second, every day of the year, for as long as you live and control the work.

(b) Your Own Spiritual Breath.

And the more you think of your blood, the more will it become the highest symbol of Life - physical life, mental life and spiritual life.

I invite you to think at this moment of Your Own Spiritual Breath. Do you see that in that wonderful breath we were teaching Transmutation, but we did not perhaps recognize it.

You remember it . . . .

THIS SPACE IS FOR YOUR OWN NOTES

"And now I send It out.
"I embrace this class . . . I embrace all in Mentalphysics wherever they may be.
"I embrace the city . . . I embrace the state . . . I embrace the country
"I embrace the whole world . .
"I embrace the Whole Human Race:
"And now, with the Light of the Divine Wisdom within me, . . with my Joy, . . with my Love, . . with my LIFE, I embrace Every Living Thing.

"And now I stand fast, lest the Light be too great for me, as it returns to me, not from the one point from which I sent it, but from All the points it is coming back . . . back. . back, nearer, . . . nearer, . . nearer ; And now it embraces me, it embosoms me, it overwhelms me, that Light of the Divine Wisdom, that Joy, that Love, THAT LIFE that comes to ME from every Living Thing, so that I know MY WHOLE BODY - - - My WHOLE Body, this wide Universe, to be FULL of Light . . . . .

"And now I will charge every cell of this physical body with that Light of the Divine Wisdom, that Joy, that Love, that LIFE that COMES TO ME from Every Living Thing as, feeling happy, giving thanks, I take a little breath and a quick sigh."

Linking this mystical interpretation of Your Own Spiritual Breath with what you have learned in your Commentaries from Number Thirty-three onwards, you will build into yourself that FEELING which is Transmutation. All that there is left for us to do is to LIVE it, knowing that "I am in THEE, and THOU art in Me for evermore!"

(c) The Act of Abandonment.

But there must be the constant, incessant FEELING that you are abandoning yourself into THAT, into The One Eternal ONE.

You walk . . . . No, It is THOU that walkest in me.
You work . . . . No, It is THOU who doest the work.
You talk . . . . No, It is THOU who talks through me.
You Sing . . . . No, It is THOU that sings through me.
You Breathe . . No, It is THOU that breathes through me.
You Live . . . . No, It is THOU who lives through me, and in me.

I AM IN THEE FOR EVERMORE.

THOU ART IN ME FOR EVERMORE.

The restfulness of this Truth is overpowering. There is, then, no strain to life in whatever form . . . ALL IS well. No strain, no tension, no interruption, no disturbance, no disharmony, no desires other than to die to live, to lose to find, to know the resurrection through the crucifixion, to die daily to live eternally.

So, My Beloved, practise what we are learning together. Let us all KNOW that we are immortal, and that we are LIFE . . . for EVER, for EVER. For, when we know Transmutation we know that truly there is, and never has been DEATH.

Think very reverently about this. And be grateful that you know. And be happy. Then think! What a vista spreads out before our imagination as we realize that the whole human race may learn these simple truths, and that there is a wave of interest spreading throughout the earth portending to increase man's interest in his own true nature. What would it not mean if each and every mortal knew the

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Truth - that there is no Death, that what is called Death is but a passing into higher vibrations of life and higher activity! That mortal experience is but a part and preparation for further life and work on the etheric and spirit planes!

There would then be no point in one man's injustice to another, for he would know that the result of his act goes on, that he cannot live it down by dying. How wonderful to know that we must live on, live in a world where subterfuge, lies and deception are impossible. Transmutation teaches us the gradual merging of the soul into the three degrees of matter, each of which clothes him with a body in the order of his mental progress - Body, Mind and Spirit, the True Trinity - makes it only common sense to use his faculties of mind in a way that will benefit him on all three planes of life.

When we learn true Transmutation, we know that there are many ways to live in the Earth life that contribute to the best in man. These ways are now challenged by the greed and selfishness of those who have gained worldly power. The soul that is aware of its destiny cannot meet this enemy. There is no way of overcoming the brutalities of modern life except by universal knowledge and the spread of the truths of the science of life on all three planes - not alone on the earth plane, where we now live, but, through Transmutation, in the mental and spiritual planes of life.

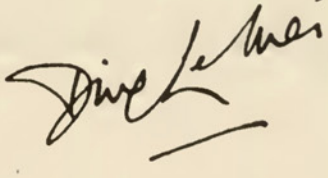
THE TRUTH IS THAT IF EVERY MAN KNEW THAT HE HAD TO FACE THE CONSEQUENCE OF HIS ACTS IN MORTAL LIFE, THE EARTH WOULD BE A DIFFERENT PLACE FOR US ALL TO LIVE.

AND THE WAY TO LEARN TO LIVE OUR PERSONAL LIFE IS, FINALLY, THROUGH TRANSMUTATION..

Transmutation teaches us ALL-PERVASION. This week, then, My Beloved, be near to me as your Teacher, and feel waves of Light coming to you all the time from me, as I will from you.

Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Forty-Fourth Commentary,
The Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **45**

"THE PATH OF PERFECTION" (13): Transmutation of Nerves and Food; The Five Senses Are All Feeling; How Great the Power of a Single Thought.

BREATHING EXERCISES FOR THE WEEK:

1. Practise the Cleansing Breath this week. In the morning breathe it physically ; in the evening breathe it mentally.

2. As you breathe get the idea in your mind of the Great Heat coming up the spine, and SEE the Light. Imagine the Peacock Feather of Gold . . . "It's coming up and out . . up and out . . up and out . . it strikes upon the surface of the Body, it seems to go beyond the body, . . and now I think of the top of my head - AND SEE MY WHOLE BODY FULL OF LIGHT, Light, Light." Associate yourself in your mind with the fact that you are Transmuting all this heat and light, and finally rest in the realization of Light everywhere, and you in the very Center of IT.

MEDITATION FOR THE WEEK:

1. "I AM THAT I AM." You need no instructions ; you are on your way to Realization.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I do hope that you are intensely happy in your work. Before you commence to listen to me, rest in your own mind --- take two or three deep breaths - let the body get heavy - feel that you are All-pervading, and that as you rest you are here with me and with all the others in The Inner Chamber at The Institute. FEEL that YOU ARE A PART OF US, and that we are a part of you. How happy I am! How grateful I am ! Where am I? I am here, but I am there - I am everywhere, I am nowhere . . . I AM ALL-Pervading, and I know that I am All-Pervading because I can FEEL the Presence within me and without and about me . . . I AM IN IT.

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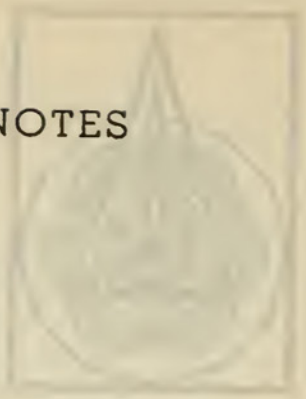

As you sit like this you will know that you are Health - that your nerves are at peace - that you are perfect health and joy. In health we only know our nerves as special ways of feeling called the senses. Our senses are the avenues by which we FEEL - and of course we smell and hear and see and taste. That which we feel as touch is neither more nor less real because the same feeling can be expressed as sight, sound, taste and smell.

(a) The Sense of Touch.

Think of TOUCH. Practise! Touch your body somewhere with your hand; then take your hand away. While you have your hand on any part of your body you are conscious of it by virtue of the feeling of the touch, but when you take your hand away you are still able to feel it - you can imagine that you feel it. Take this simple illustration to the other senses, and you will see that it holds good. You look at a beautiful thing . . . "the most beautiful thing I have ever known." While you are looking at it you know that you see it, but you also know that you see it within yourself. YOU FEEL IT. So you can readily see that that which you call yourself is the reflection of all the FEELING that you have ever felt or become conscious of.

We consider the Sight, and it seems different from the Touch, but I hope that you can see that the more we practise the more the whole of the senses seem to become less differentiated, and all seem to flow into One . . . and that is FEELING. Let us examine a little:

(a) TOUCH. You can see at once that this is essentially FEELING - your own natural feeling, your body feeling. You may say that you feel anything whatever that you touch.

(b) TASTE. You eat an apple, for example, and you say that you can "taste" it, but the infinite variety of "tastes" are merely different phases of feelings. It is true that the "feeling" of taste is different from the "Feeling" of sight -- but you can see that they are feelings just the same.

(c) SMELL. Can you see that this is, again, just another mode of "Feeling". In animals where the sense of smell is highly developed, we see that the sense of smell is absolutely the sense that they "feel" themselves through life with. This feeling of smell is disguised under many names - such as when we know that we smell a rose, which is a different feeling from that when we smell garlic . . . and so on, and so on.

(d) HEARING. How different is hearing from taste, but still it is another phase of FEELING - that is, everything that you hear inevitably resolves into your own feeling.

(e) SIGHT. When we come to examine the "feeling" of sight, it is a little bewildering. I look at myself, and I can say that I see ME. I look at something else, and I say that I see "NOT-ME". I wonder whether you understand - I think you do - that you see both the Me and the Not-Me in your feelings . . . that is, all that you see is transferred over into the feelings, and you are aware of what you see through the instrumentality of the emotion that causes awareness.

Therefore, all the senses become feeling, and the various phases of feeling are transmuted into The One through feeling. I am but an idea - all my life is but a

THIS SPACE IS FOR YOUR OWN NOTES

series of ideas. The Truth of me is Spirit - the Truth of me is LIFE - the Truth of me is Knowledge, and the Truth of me is Power . . . I KNOW ALL THIS THROUGH MY FEELING.

When you have come thus far, sit and think of how through your feelings, you transmute the nerves, for it is through the nerves that you feel.

(b) Transmutation of Food.

When we come to talk about the Transmutation of Food, we have to be very practical, for we have seen - and we now KNOW - that the physical body is chemistry, and to a very great extent (though not wholly so) the physical body becomes what we make it through food. But the wrong food in the body of the right man may be transmuted into the right food, but often the right food in the body of the wrong man is merely turned into wrong food.

I shall not spend much time or space in talking about solid foods or liquid foods, for you will know your chemical type, and you will discover how increasingly careful you have to be with what you eat. As we grow and become more refined, the more the body will inform us in many ways when we do not obey the laws of food. But you also know much about Breath as a food, and have learned the way to transmute your Breath somewhat. Also rest - you have learned that Rest is a food, and have come into that knowledge through meditation. Thought also - you know that thought is final, and that it is really the only "F - O - O - D".

We know Transmutation of "Food" when we know the meaning of these glorious words:

"I AM THE BREAD WHICH COMETH DOWN OUT OF HEAVEN."

We know that food is Intelligence, and that, as Man is the most highly evolved organism in Nature, so we have the power to transmute all food into Divine Intelligence. Every bit of food that I put into my mouth is the divine gift. Every thing that is gratefully received into my body is glad to minister with its intelligence to my higher intelligence, the lower sacrificing itself into the higher.

What joy we get out of eating, and we know that it is not always the food itself but the spirit in which we take it that determines its effect in our bodies. "Perceive ye not, that whatsoever from without goeth into the man, it cannot defile him ; because it goeth not into his heart, but into his belly, and goeth out into the draught. That which proceedeth out of the man, that defileth the man. (The wrong use of The Word.-D.L.M.). For from within, out of the heart of men, evil thoughts proceed." - Mark 7, 18.

At the same time, not until we have proved that we truly KNOW what food is can we afford to disregard the chemical laws of food. That is the first step in transmutation ; but after we have proved our mastery over food, then we are able to transmute because we know only the Divine Intelligence of food at all times.

"INFINITE WISDOM, I KNOW THEE AS THE TRUTH OF MY FOOD."

As I eat, so I become physically, and the character of the soul is seen in the character of the body and its surroundings. But we must be patient. We have to thoroughly learn it all. If a man eats in ignorance, believing that his life, his strength, depends upon his food, he is holding himself in bondage to this error, and is thus lowering his world. If he eats in Knowledge, the whole creation shares in his act, and the LIGHT shines through him and all that makes him --- his food, his Thought, and his Feeling.

THIS SPACE IS FOR YOUR OWN NOTES

My Beloved, there is much food for thought in this Commentary, and I trust that this week you will gain many divine ideas from it. The ideas will freely flow as you freely FEEL. "In all thy ways acknowledge Him, and He will direct thy path." This is transmutation.

As we learn the mechanical method of transmutation of nerves and food, we understand the Art of Living. Thought is the key ; feeling is the first chamber of knowledge. A thought in your mind is so powerful that it will telepathize itself again and again to your subconscious mind until IT BECOMES YOU. You know Thought through FEELING.

How wonderful is this Truth of Thought! How great is the power of a single thought!

The master thinker is an artist who will not allow Thought to be transformed into himself unless he transmutes all that he knows his life to be .... "THY LIFE IN ME, THY LIFE IN ME . . . not MY will, but THINE!"

As I come to the conclusion of this Commentary, thou Noble of The Light, I hope that you will be able to read into it that which I have not written - that you will be able to feel that which I cannot make you feel through words on paper. But my soul will touch your soul, and the Light will reveal itself, and we shall see that, giving thanks with every step, we are truly now upon The Path . . . and that we are being given the very seed of Right Living. I cannot choose the place where the plant shall grow - this is for you. You must guard the Garden, and you must become the gardener. And the Garden is the Garden of Your Heart (the Universal Mind).

How glorious it is to know that when we completely learn Transmutation we shall then KNOW (in the sense that we live what we know) that there IS NO DEATH. This is the supreme message. What a profound change would, and will, come over the whole world when that secret has been well and truly learned! It makes one thrill with the thought of it. When men will know that they are God in human form, and that what we call life - including the body and all its activity resolve at a final analysis into vibrations --- The Mind of God the Father-Mother of Every Living Thing.

Therefore, as I leave you, be on your Way - we are on The Way together. God bless you! How wonderful it is to say this to each other now, KNOWING WHAT THE WORDS MEAN! Peace be unto you always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Dino Lenai

Written in Faith at
Los Angeles 4, Californa, U.S.A.

End of The Forty-Fifth Commentary,
Inner Chamber.

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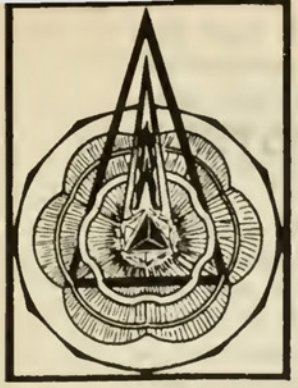

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The Inner Chamber

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COMMENTARY **46**

"THE PATH OF PERFECTION" (14): Transmutation of Nerves and Food Continued; Vital Comment on Breathing; Awakening the Sleeping Giant; "Have No Tongue."

Breathing Exercises for the Week :

1. DO NOT PASS THIS BY. This week you are to sit for short periods in the Sevenfold Position, and Watch your spine.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings In The Bond.

There is so much food in these Commentaries for you TO THINK about. I hope that you are not merely reading them and passing them by. This week particularly you are advised to give as much time as you can to carrying out the instructions, and I would devote at least an hour for at least three evenings a week - including Thursday, preferably from eight-thirty to ten, so that you will then be sitting with the Inner Chamber at our weekly meeting here at The Institute.

BREATHING EXERCISES : Sit in the sevenfold position, and watch your spine.

1. First, see that the legs are comfortable, and that you do not feel any discomfort in the ankle - if you do, then place a small cushion under each ankle, so that there shall not be any undue pressure to hurt the ankle. Then, see that the knees are brought down as far to the floor as possible - experiment, and you will find that the further the legs are apart, the further the knees will be, and the lower the genital organs.

   You are to know that there is a deep occult meaning in the Sevenfold position, and with a little practice, the more will you FEEL the difference. For example, in that position, pull the knees up together, and you will find that the position of the buttocks is changed - the buttocks are contracted, and the genital organs correspondingly contracted. Open the knees, and you will find that the genital organs feel a little more comfortable. Therefore, in the sitting posture, see that the buttocks are "spread" out as flat as possible, and occupying as much space on the floor as possible.

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2. Then look into the spine. See that you are perfectly straight. The head is not drooped forward. There is no uneven feeling throughout the whole length of the spine - that is, you cannot feel that the load of the body is being taken more with any one part of the spine more than any other. (It is rather difficult to explain, but a little experimentation will show you what I mean.) Sitting in this posture, just let the head fall gently forward, and you will find that at the back of the neck there will come a changed feeling. Sit up straight again. Now, just let the body fall a little forward, contracting the chest, and you will find that the muscles under the diaphragm will sag, and at once you will feel the load of the body being taken by the vertebrae immediately behind the navel, interfering with even rhythmic breathing. Feeling this, you will be able to so adjust the spine that it will carry the load evenly, the weight being taken principally by the ribs.

3. This is important, and you should practise. In this way you will come to know your right posture, and when you have found it, you should hold the body in silence. You will feel it gradually relaxing, and the relaxing should be in such a manner that the whole of the spine sinks gradually downward, not the body falling forward - for in this manner the spine is contracted at certain points, and the Solar Force, which comes in so evenly when in the silence, cannot then evenly circulate throughout the spine.

DO NOT UNDERESTIMATE THIS EXERCISE. It is IMPORTANT.

2. MEDITATION EXERCISES : During the week, sink into meditation, and with a slight effort of the will, at the start of your meditation, declare that you are realizing the whole process of TRANSMUTATION . . . "WHATEVER THE CREATOR IS, I AM."

3. TRANSMUTATION OF SEX. It is not necessary for me to point out to you that when we succeed in transmuting our sex energy, we have come far along the road to Mastership. One must approach this subject in the highest vibration of gratitude and in the deepest reverence. I use the word sex, because there is not another that I can use to get the full meaning, but, while the idea of sex is usually associated with your physical body, you must spiritualize your thought all the time.

When you have found the right posture, and KNOW that your spine is straight, and that you can keep it straight no matter how deeply you go into the meditative state, then do the Contracting Exercise.

(AT THIS STAGE TURN BACK TO YOUR SIXTH COMMENTARY - READ IT AND RE-READ IT.)

You understand that when we undertake what we are explaining in this Commentary we are awakening the Sleeping Giant. I repeat here what we wrote on Page Three of the Sixth Commentary :

THE EXERCISE IS THIS - DO IT! Do not ask questions, but try to figure out for yourself what you are doing as you undertake the Exercise.

THIS SPACE IS FOR YOUR OWN NOTES

1. Sit either in the seven-fold position (preferably) or on a hard chair or stool. See that your buttocks are not cramped. Find the point of comfort, so that you can feel that the spine is taking the whole weight of the body, and that the buttocks are perfectly comfortable.

2. Watch your Breath, as in meditation, and get the whole body into a state of rhythm, but do not let all sense of the body go from you as you do in meditation.

3. Think of the rectum; (if you are a male and can do so, think of the prostate; in the case of the female, if you are able to do so, think of the vagina.) Feel that you are contracting the rectum - you are tightening it and drawing it seemingly upward. Hold it in this position through muscular control. If you are a male, you will feel that contracting feeling right through the penis and the whole reproductive organs. If you are a female, you will feel it right up through the vaginal passage.

YOU DO THE EXERCISE THUS: Contract, (hold a few seconds), relax; ..... contract (hold), relax. ..... Do this for periods of a few minutes duration at different times during the day.

At first there will doubtless come a feeling that is called sexual - that is, you are conscious of a force in the reproductive region. If you feel sexual, do not be ashamed or alarmed. Perhaps you may not have felt any sexual feeling for years Then, as you feel it, WATCH IT. See what you feel. What is this feeling? Where is it going? And as you watch it closely you will find that it will gradually disappear apparently within itself.

What you are doing is to awaken the Sleeping Giant. Practiced spiritually, the awakening will be consummated. Remember that there must be no movement of any muscles in the body other than the muscles of the rectum and the main sex organ. There must be no abdominal contraction. The probability is that you will feel quite active sexually, but you must regard this in the highest spiritual sense only, as indicating the presence of the creative power within the body. Do this whenever you feel like it, or have the time, or think of it, - in short, LET IT BECOME A HABIT. (I assure you that you are in this exercise doing the most wonderful thing that you have ever undertaken, and the effect will be seen in due course.)

4. What has been described in (3) should be undertaken during the day. Then, at night upon retiring, lie on your bed, no pillow, the legs drawn up so that the knees come as near to the bed as possible, the thighs apart, the right ankle over the left. Then place the left hand over the navel, and place the right hand below it. This is the posture. Then closing the eyes, imagine that you are drawing UPWARDS, into the Kingdom, all that marvelous reproductive Force that you have developed during the day. Others in their ignorance may waste it, but NOT YOU. You are TRANSMUTING IT, you are EXALTING THE FIRE. Feel that you are directing it upward through the right (the positive) hand. You see it as Light, you feel it as Light. There it comes, this Light, coming from the Flame, (think of the feeling you experience in the Cleansing Breath, but instead of feeling the Fire through the base of the spine, you now feel it coming from the very Center of the Center of the Center of Centers of your life, on the physical plane - the seat of reproduction.

THIS SPACE IS FOR YOUR OWN NOTES

You should feel a great glow of Force ascending. It will flood the whole of the reproductive organs - it will flood the pelvis. Then you draw it upwards, upwards, upwards - you feel it around the navel ---- upwards, you feel it flooding your beautiful face ... . . and then you think upwards to the TOP OF THE HEAD. Finally, watching, you will see the Light everywhere within you, and you will have learned the secret of the True Exaltation.

When you have completed this exercise for this week, you should know a great deal more about your own body and its forces.

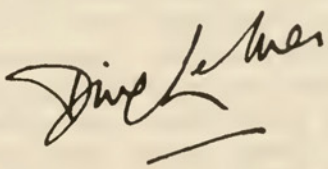
We must very reverently follow instructions, and we should not ask too many questions. It is not possible for us to know in the course of a week or even a month of practice what we are doing, but faithful practice will unfold it all to us. I shall return to the subject of Transmutation of Sex in the next Commentary, and advise you this week to carry out this exercise faithfully.

Do not feel ashamed if you become aware of any sexual feeling. Merely sit and watch and analyse. Do not continue the Contracting Exercise so that you may come to a point of discomfort, . . at the same time do not be afraid of doing the exercise whenever you have the opportunity. The sexual feeling that will follow it will pass away in due course, and you will then find that the effect of the exercise will be known, but the feelings that come in the early stages of its practice will disappear.

Be happy this week. Be faithful. I hope that you are doing all that you can do for Mentalphysics - if you are not, then why not? You have personally found the pearl of great price - then pass it on to others. Make up your mind that this week you will secure at least one student for Mentalphysics - and then start to work with that definite end in view. While I am asking you to do this for The Institute, I am also asking you to do it for yourself. The greatest blessing that will ever come to you will be when you bring another into The Light.

My peace I give unto you -- always.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.



Written in Faith at
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End of The Forty-Sixth Commentary,
Inner Chamber.

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The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **47**

"THE PATH OF PERFECTION" (15): Transmutation—Need for Patience; Need for Practice; "It Is There—Seek It, Seek for it"; Again—Silence!

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

One of our Nobles of The Light, writing to me recently, asked why I cannot speak more clearly in these Commentaries. Said he : "I have just finished studying, meditating, practising the Twenty-seventh Commentary. What a marvelous thing! I have never seen such a mass of Wisdom in four pages. But why is it necessary to hide so carefully such wonderful knowledge? So many ideas about the eternal masculine, the eternal feminine and its product - about the Solar Force and the Earth Force and its product . . . and so on."

Other Nobles of The Light may possibly be thinking in this way. So that they may know WHY all this knowledge is cloaked and covered over and fashioned in language that the uninitiated will not understand, let me say at once that, if the teaching of our beloved Inner Chamber - even in the very first steps - were given out to those who were not ready for it, we should be guilty of a gross unfairness towards humanity. During all history, these secrets of life have been given only to those who are worthy to receive them, and who SEEK for them . . who are prepared to seek, and keep on seeking. If you were here at the Inner Chamber at The Institute, where we are privileged to study together, you would find a very different meaning given to your Commentaries. Verbal teaching, where the practices are explained by word-of-mouth method by the Teacher, naturally is very different from that which can be given by manuscript ; and those who are studying by manuscript must perforce be patient and pick up the jewels where they fall -- it is a matter of SEEKING. And then it has been given almost entirely to seekers by mouth-to-ear methods, and by illustration and demonstration.

Therefore, do not get disheartened, nor feel that you are being kept back. Such is not the case. Probably a year from now, when you are practising some certain breath, or reading again some certain passage, its true meaning will flash miraculously into your mind --- and then you will know. And this is the ONLY way. We are all differently constituted. We are all on The Path. We are all exactly where we are on The Path. We can absorb only that which we are evolutionarily able to absorb . . . and such is The Law.

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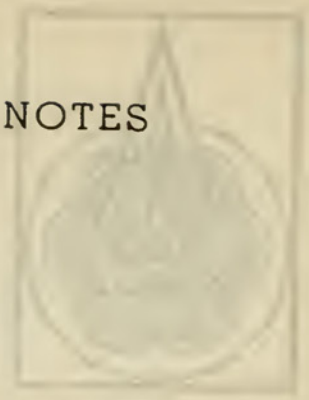

In the same way we may all have had difficulty in convincing our friends of the beauty and the priceless value of Mentalphysics. Some see it intuitionally, and come into the Teaching with us ; others either do not see it, or they wonder what has come over us, or they think that we are crazy!! We can only get what we are ready for, and in our search for that which our soul constantly echoes in our consciousness we must exercise patience.

How many times in life we have been disappointed in our search!

In my own case disappointment dogged my footsteps at every turn, it seemed. Throughout my life I believed that the Truth of existence could be discovered - I felt it - I knew it . . . and I ached to find it. You doubtless have been the same. In the country in which I was born it seemed impossible for me to find it. I then went here and there, . . occasionally I felt "Why, AT LAST here it is!" and joy sprang from the hope of my heart. After a time I found that I was to be disappointed once again - it was not what I had hoped to find. After a time another avenue seemed to open, and I ran expectantly to receive what was promised, only again to suffer disappointment. Often I have been so low as to feel that I have been beaten. "No, it CANNOT BE FOUND!" . . . yet all the time the Higher Self of me whispered, "It is there . . seek it, seek for it!"

My experience, bear in mind, was in many countries, among many people - I was ever on the search. Imagine, then, my utter dispiritedness when, in Tibet, I felt that it may be necessary for me to go out again through the shadow of "death" without finding it. How my heart longed to find! How my mind was torn against itself - to believe or not to believe! WAS there a way? If there were a way, why could I not find it? And as I look back over my experience of the search I feel in my memory that I can recall the anguish, the intense doubt, the disappointment . . . how futile it all seemed! Others, uncaring apparently, could get what they wanted, and life to them seemed rosy and satisfying, but to me --- woe was me!

Have you been that way? . . have you trod that path? . . . have you carried that cross?

Then, at last it came --- but when it came, how I had to work for it!! I was not taught as I try with all my love to teach you students. I was told still to "Go and Find Out!" But I found it. And so have you. And all that I know has come to me through trying to practise - through making many mistakes and trying not to make them again - through falling down and getting up again - through struggle with my lower self so that the higher may come into conquest - THROUGH "FEELING AFTER HIM, IF HAPLY I MAY FIND HIM."

And, My Beloved, that is The Path. Heed no other counsel. He who tells you to the contrary, does not know. Remember that he who knows says little, and he says much knows little. There is only ONE WAY, and that is in the practice of The Law. Therefore, do not expect too much. All is well.

"When the infant is young, MY LIGHT is its first knowledge," saith Jehovah.

And then in that beautiful passage out of Oahspe we read :

"It seeth Me, and heareth Me ; and it seeth and heareth My angels.

"By the pressure of My Light upon its corporeal eyes and ears it learneth to see and hear corporeally.

"This is the beginning of two senses which I created to grow parallel to each other and equal in strength.

THIS SPACE IS FOR YOUR OWN NOTES

"But the infant being in the corporeal world, heedeth more the things that appeal to the corporeal senses than such as appeal to the spiritual senses.

"So that one person groweth up forgetting Me and My Angels. He is a sceptic.

"But another person groweth up remembering Me and My Angels. He is a believer.

"And behold, thou, O Man, inquirest of them : Whence came the idea of a Creator, an all Person?

"And one of them answereth thee, It is inherent, it is natural.

"But the other answereth, It is folly ; it came from darkness.

"But I say unto thee, O Man : Darkness cannot create an idea ; not even darkness would be known but for the Light I made beside it."

Moreover, when we look within our own minds, we give thanks for what we have learned in Mentalphysics - then, why should we be constantly bothering about HOW MUCH we know - how much we can use - how much we can express . . . what we all have to learn is that we are ALL, and that the more we surrender to, become transmuted in the Whole, the more become we conscious of THE WHOLE . . . . . "THE CREATOR IS ALL THAT THERE IS : WHATEVER THE CREATOR IS, I AM."

Do we not see, My Beloved, that to awaken hurriedly the sleeping giant within us is sheer folly. We have come a long way. You and I were not always Man. Indeed, you were not in this single incarnation always what you are today - you have grown to be what you are. And you have grown to be what you are through the practising of the use of the substance - and so you are now what you are. Next year you will be what you are today, plus what you develop of The Law during the intervening period.

It is all so simple - we are ON THE PATH . . . let us rejoice! Moreover, how foolish to endeavor to teach each other what we are not evolutionarily developed to learn. If you are on the seashore, and you see a ship far out at sea, and you cry to your companion, "Look, look at that ship," but your companion cannot see it - is he to be blamed? Is he any worse off for not seeing it? Your vision is better than his, and so you see just what you see . . . WHAT IS OF PRIMARY IMPORTANCE IS THAT WE USE WHAT WE SEE - THAT WE LIVE WHAT WE KNOW. Then all is well, for we maintain the even balance of the Journey to The Heights.

I hope that this week you will continue with the exercises given you in your Forty-sixth Commentary. Of course, I need not remind you that you are to "Have no Tongue." Merely do the work, and write to me when you feel that you would like to write. I often wish that I could send to all Nobles of The Light copies of letters that I receive from time to time from grateful Nobles who write to me. In the nature of the case, however, most of these letters are confidential to me as the Teacher . . . but, oh, how wonderful is my work! To have found The Way, and then to lead others is the greatest joy of life - there is nothing to be compared with it.

Have no tongue in regard to what you are doing yourself . . . but tell out the story as much as you can for others to be led to Mentalphysics.

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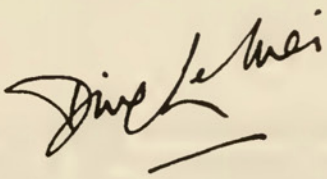
I hope that every Noble of The Light will make up his and her mind to get at least one student each month . . . write letters to your friends - send in for literature that you may hand out - speak to your friends . . . do all that the Creative Spirit inspires you to do, so that you, too, may lead others continually into The Light of Life Itself.

I know that you are doing all that you can. I know that you are helping the Institute all that you can. I know that you hold Mentalphysics - your spiritual Mother - in the same deep affection as you hold your own earthly Mother. But I want us all to do MORE. I want us all to GIVE MORE. Every Noble of The Light should be tithing himself or herself. Reedagain your Fourth Commentary (Pp. 3 and 4). Mentalphysics needs your help as never before . . do all that you can, knowing that as you throw your bread upon the waters it must return to you - the Fourfold Law explains how, and you see the wisdom of giving in Your Own Spiritual Breath.

It happens to be at Christmas time that I am writing this Commentary - what a time is Christmas for giving! What a wonderful world it will be when every day is Christmas Day, the birth of spring, the birth of Life, of hope, of joy and LOVE . . . what a vista opens out before us of what is to come. And we bring it nearer as we learn to give.

May that Peace which passeth all knowledge be yours - may you knowno negation of whatsoever kind throughout the coming year, and all the years, till years shall cease. My love goes to you in abundance.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope,



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Los Angeles 4, Californa, U.S.A.

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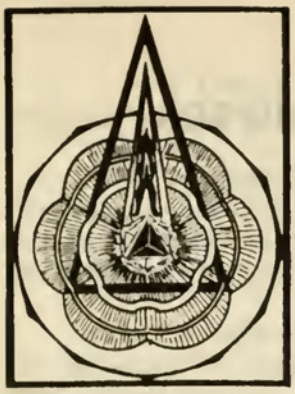

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **48**

"THE PATH OF PERFECTION" (16): Transmutation—Meditation On My Own Thought, Feeling, Action, Memory, Imagination; Hearing the Voice of The Father.

BREATHING EXERCISES FOR THE WEEK:

Same as in the Forty-first Commentary.

MEDITATION FOR THE WEEK:

Same as in the Forty-first Commentary.

My Beloved Student in Mentalphysics:

Greetings in The Bond.

(1) We have learned that Man, as the most highly evolved organism in Nature, has the power of assimilating every lower phase of life, changing it into his own likeness. The process by which he assimilates all things under his dominion is by a mysterious, quickening process, which is inward, silent and hidden. Thus he learns the art of Transmutation.

This power, as another writer has remarked, "is the sign in the outward and visible man of that Dominion over all the earth which belongs by Divine right of original creation to the Inward and Invisible Man who is in the Image and after the likeness of the Eternal Father." Thus the act of eating becomes the outward and visible sign of that truly inward and invisible mystery whereby his mortal nature is taken up and changed into the Immortal . . . his Earth Self TRANSMUTED into the Divine Self . . . his Personality transmuted into Christhood. And just as far as we are able to realize Transmutation in principle - surrendering ourselves to the Eternal Principle - do we bring what we eat into direct relation to the quickening Life of the Spirit of Life. Similarly, as we surrender to the Eternal Wisdom of Life do we transmute thought. So that we see that the Art of Living is that art which enables us to know that breath, food, energy, thought - everything that we know as the substance of our own life - becomes transmuted into the Divine Essence of Life Itself.

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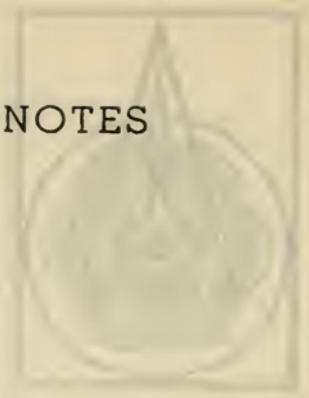

A little involved, you will say? Well, think it over. Feel for the meaning of the words, and the meaning will be revealed.

In Mentalphysics, we have learned that the process of life is Thought, Feeling and Action - the three making the triune activity of the One Eternal Principle. Let us see what the practice of Transmutation teaches us, then, in this threefold avenue of life expression:

(2) We have learned the wisdom, and somewhat have we learned the technique of surrender to God. We know that WE LIVE IN GOD AND THAT GOD IS IN US FOR EVERMORE, then let the following be our meditation day and night :

M E D I T A T I O N

My Own Thought -
****

I do utterly forsake my own thought, born of myself or of the will of man. I rest in the Universal Thought of Life Itself.

My Own Feeling -
****

I do utterly forsake every feeling, born of my own flesh and my own will. I realize only the inflowing of the Eternal Spirit and know my Real Self, reflected in the personality of me, as of The One.

My Own Action -
****

I do utterly forsake every desire of my own to action. I seek only to know and feel the Will of the Lord of the Eternal within me to do that which my Holy, Spirit-self expresses.

My Own Memory -
****

I do utterly forsake and renounce all effort of my own to create or remember. The Creator is within me, bringing me Wisdom - a perfect Divine Memory perfect power to perfectly create in reflection the Truth, the Light.

My Own Imagination -
****

I realize, through Divine Memory, Imagination and Inspiration, Only Thee - the One Eternal, Everlasting, Neverchanging, Self-manifesting Source of All, the Beginning and the End, the No-Beginning and No-End . . . THAT, the Father.

In contemplating the above, we shall know that that which we see and hear and touch and smell is not the True Body. That which, of ourselves - our personalities - we think and feel and imagine and dream is not the True Body. Therefore, we renounce and utterly forsake it, so that, through Transmutation (through ever being in the Spirit of the Holy Breath) we receive the new and perfect Body . the "Perfect Mind in a Perfect Body," born of the Light of the Divine Wisdom.

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"I THANK THEE, LORD, FOR MY BODY. . . the True Body, Immortal, perfect as Thou art Perfect - My Body, the Transcendentally Beautiful, the Infinitely Intricate, but the most Gloriously Accurate Instrument in this Universe."

"And I pledge myself, I vow, that from this moment henceforward, nothing that I shall eat or drink, nothing that I do or say or think shall injure or abuse this Perfect Temple of the Living God, My Body."

(3) In the twentieth chapter of Matthew we read : "Whosoever will be great among you, let him be the minister ; and whosoever will be chief, let him be our servant." We see the meaning of this now from the point of view of what we have been learning about Transmutation. I advise you to practise surrender - lie and feel within yourself how heavy you know your body to be . . . how empty you seem! In due process of time we shall come to what is called the City of Emptiness - a condition where we know, through absolute surrender, how utterly empty we personally are when we know that we are actually IN GOD and GOD IN US. It is good to read about it. It is good to dream about it, but it is infinitely better to REALIZE it. We come into realization only in one way - and that is through practice. Therefore, practise!

"I will put My Spirit in you, and you shall live" (Ezek. 37, 14). "I have put my words in your mouth." (Isa. 51, 16). "It is not you that speak, but the Spirit of Your Father which speaketh in you" (Matt. 10, 20). "The Holy Spirit shall teach you in that very hour what you ought to say" (Luke lx 12, 12). "Not by might, nor by power, but by My Spirit, Saith the Lord" (Zech. 4, 6).

So one could quote all kinds of passages from the Bible and other sacred books, the meaning of which is obscure, but when we come to see what Transmutation really means, and can transmute, these passages become increasingly clear.

We hear the Voice of the Father within. We feel the Spirit of the Creator within and we see the effect of It without. We find rest for our souls, and we know The Great Peace.

It is as if the Father of All - the All Person - were actually talking to us, talking to you as you read, talking to me as I write. "I am One Spirit," He says. "My quickening power is upon all the living ; because of this they live and move. According to the different structure of the living, so is my inspiration manifested by them. One, as the hare, runneth away in cowardice ; another, as a lion, is ferocious ; another, without judgment, as the serpent. AND AS TO MAN : One is inspired to music ; another to mathematics ; another to seership, and so on.

TO ALL OF THESE I AM THE ONE, THE UNIVERSAL INSPIRER THAT MOVETH ALL OF THEM according to their organic structure, so do they manifest MY inspiration.

I created Man even from the first that he should learn to be an independent being, and when you think of all the Seven Kingdoms - the various strata of the Light of the One in the Universe - you realize that Man is at the apex of Nature, with power to choose, but with infinite liberty. We should contemplate these simple truths, My Beloved, and KNOW that All Is Good, and that we are all. In Mentalphysics there is disclosed for us the technique, and we should ever give thanks to THAT in which we live and move and have our being for the wisdom that has come to us. It has come all in order and balance. It did not come to us before we were ready to receive and use, but now that it has come we have the liberty to choose what we shall do with it . . . whether we shall learn it and use it for

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the benefit of Every Living Thing, or whether we shall merely make it an intellectual process only. I believe that every one of us in the Inner Chamber is fully alive to our great privilege to learn - we should also be fully alive to our responsibility that knowledge brings with it. I believe we are, and I feel that as we come near to the close of another section in our teaching we know more than we did a year ago, and we are living more of what we know than we did a year ago.

For that, of course, is the secret . . the LIVING of what we KNOW - that, indeed, is WISDOM; and we are made of Wisdom. Proof of our Godhead is seen in the harmony of the whole of Nature and super-Nature. In closing this Commentary I would like to quote here what has been a great inspiration to me for many years :

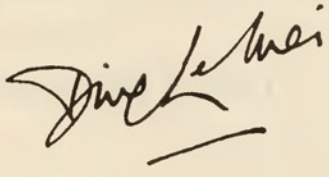
> "Two kinds of voices have I, saith Jehovah - the Silent Voice and the Audible Voice. All men I created susceptible to one or the other of My Voices, and many to both. One man heareth my Voice in the breeze, and in thunder, and in music. Another heareth my Voice in the flowers of the field, and in the scenery of the mountains. And yet another feeleth My Inspiration, and he skippeth up the mountain side and tireth not on the way. He that neither seeth nor feeleth my inspiration goeth up the mountain in great labor. In proportion as man is clear in his corporeality and in his spirit, so discerneth he My Inspiration.
>
> "And if he hath great purity as well, then he shapeth My Light into corporeal words."

(4) You will have much to think about in this Commentary. Be happy this week, and know that you have begun to hear The Voice that is in every land - the Voice of the Father. Be happy to know that you can never, never again go back to where you were, and that as you grow in knowledge so you grow in power, and that the more you use the power the more power will you have to do what you desire to do -- to do that which, in the evolution of life within you, it will be right for you to do to gain your right experience.

So I leave you. The sun of life is pouring into my study as I conclude this The trees bend to the breeze. The birds are about me with their song. May you feel this in your heart . . . and may Youth and Beauty and Strength and Joy and Power and Love all come along to you with this Commentary, leading you further into The Great Peace.

With My Highest Thought always, in Peace Profound.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



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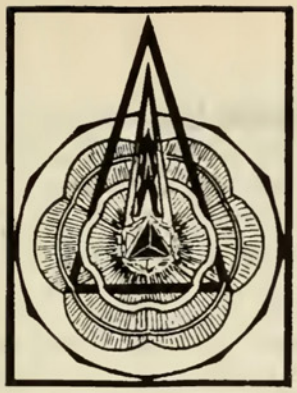

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COMMENTARY **49**

"THE PATH OF PERFECTION" (17): Transmutation—All Religions Involve Specific Intellectual Beliefs; Important Rules for the Week to Bring Earth Into Heaven.

BREATHING EXERCISES FOR THE WEEK:

1. SILENT BREATHING all the time. Take all the early Breaths, and, sitting quietly, go through them all in your mind. WATCH, Watch, Watch all the time, and see whether you can learn something from the silence of your Breath. It is not possible for me to tell you what you will find, but I am sure that you will find beauty that you have not experienced before.

   AS AN EXAMPLE : Sitting in the meditational attitude, in the Memory-developing Breath, you will find your breath become so refined that you will not be conscious of it : it will seem to stop. Then you will feel the body's whole pulsations seem to stop . . there will come the silence of an infinite refinement within . . you will feel lighter than air ---- then you will do your work, and you will feel the outpouring of The Spirit within you.

MEDITATION FOR THE WEEK:

"I AM PEACE . . . PEACE . . . PEACE.
"I AM LIFE . . . LIFE . . . LIFE."

(By this time you will be able to advance into a state of abstraction with ease, and you should come out of your meditation with a feeling of bliss, knowledge and joy).

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In reference to the Breathings and the Meditations above, I would like to tell you a little experience that I had in Tibet many years ago. At The

THIS SPACE IS FOR YOUR OWN NOTES

Institute I sometimes talk to selected groups on my life in Tibet, and sometimes illustrate my talks with stereopticon views. It is not often, however, that the Spirit inclines me to try to portray my life there, for I feel that it is not possible to truthfully portray in words experiences one undergoes in an exceedingly high vibration without bordering on the spectacular.

This story will explain : In my caravan were eight or nine men, and a few pack-mules. We were resting on the top of a level upland, and, as I sat on one of the loads, I saw afar a man approaching. I looked again, and thought that I must be mistaken, for the speed at which the object moved was impossible to any human being. Continuing to look, I was one moment convinced that it was a man, and the next minute convinced that it was not . . . I must be mistaken . . . it must be a mirage, in which one can so easily be deceived. Turning to the men in my caravan, I said : "Look, what is that?" But not one of them answered me. I asked again, but they were still reticent, only one man saying, under his breath, "That is a holy man." They all looked down to the ground, indifferent perhaps, superstitious perhaps - I knew not. But, as I kept my eyes on this rapidly-approaching object, I was sure that it was a man coming towards us. Every one of us became still, watching. Nearer and nearer he came, hardly touching the ground, his head erect, . . his eyes rivetted apparently on something above him. The speed at which he went was as fast as a horse would gallop. Then I knew he was a "holy man."

He passed us at a distance of about thirty feet, and when he passed the vibration was what some would call uncanny. The truth of the matter was that he had prepared himself, through practice, - that he had control over the elements and of himself, being so AT ONE with THE FORCE, that he was drawing the matter of his body at this terrific speed by the power of his thought . . . he had "melted" the substance, so to speak.

Now, it is for us to practice in that manner - "melting" the substance of ourselves, so that we REALIZE ourselves as THE WHOLE OF LIFE, undetached, not separate, IN it and OF it, so that we have the whole of ITS FORCE at our command. The perfection of our meditation determines the point of conquest at which we have arrived.

(a) "All Religions Involve Specific Intellectual Beliefs."

All religions involve specific intellectual BELIEFS, and they attach more or less assent to these doctrines as true in the intellectual sense. All religions have literature held specially sacred, containing historical material with which the validity of the religions is connected. The religionist will tell you that it is true . . . but most often he does not know, through personal practice, how he knows that it is true ; but he will tell you that "It says so in the books." So far, so good. But in Mentalphysics, we refuse to be satisfied with what is in the books - we know that the only Book is The Book of LIFE ITSELF, and we take our knowledge from The Book of Life because we READ it through our own personal PRACTICE of the Law.

A gentleman wrote to me the other day, and his letter was the very finest example of verbal expression - not an error, words in their right place and the meaning of what he wished to say quite clear. This in itself is a rare gift, for few people have the power to say what they mean. I was entranced as I read his letter until I came to the part in which he began to talk about himself, telling me that he was suffering from "insomnia" (the easiest thing to overcome) and "impotence." Do you see why I am telling you this? I am telling you this to point out the difference between theory and practice - between the full expression of life and

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These are but a few that come hot to my fingers as I write - you will think of many more. Put them down on paper, file them with this Commentary, and then in a few weeks come back and see wherein you have come nearer to mastery. Mastery is the result of doing ; and our life is measured by what we do. But when the whole world comes to know what we now know, that it is The Lord of Life that acts through us, and does our seeing, our hearing, our speaking, our thinking, our feeling, our whole living THROUGH us, what a world it will be to be sure!

And that, it seems to me, is what we should constantly keep in our minds - the vision of what this fair earth will be when it has been transformed - through the means of learning The Law which we are now learning - into Heaven . . . HEAVEN!

THIS IS TO BE THE TRUE SCIENCE OF THE FUTURE . . . TRANSFORMING EARTH INTO HEAVEN. . . TEACHING MEN EVERYWHERE TO LEARN AND TO PROVE THAT THEY ARE THE CREATOR IN HUMAN FORM . . . AND WE ARE ENGAGED IN DOING IT NOW. How grateful we should be - and we are grateful.

And we succeed in doing as we succeed in listening to The Voice, wise if we hear Its direction. As the neophyte overcomes the old order of generation, and attains to the order of the Divine Life through regeneration, he attains his spiritual majority and has a vote in the councils of the Almighty. As he attains to a perception, understanding and practice of a life in harmony with Divine Order as it is established on the earth, in answer to the prayer "Let Thy Kingdom Come," he advances the Law of Life everywhere among all people with whom he comes into contact.

Then, no matter what troubles seem to assail, - whether on the physical, mental or spiritual plane of life, - have no fear . . all is well! We are going through experiences that are necessary for us to come to KNOW. Not until we KNOW can we properly DO - and this should be our constant thought - that we are being refined as Elder Brothers for the work of the Eternal Law, co-workers with God, custodians with God the Eternal Archives of Wisdom and of Light and Of Love.

Rejoice . . . give thanks . . . be happy.

Peace be unto you always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles 4, California, U.S.A.

End of The Forty-Ninth Commentary,
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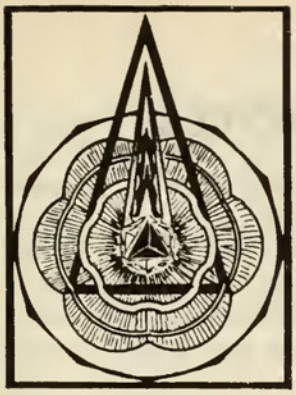

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COMMENTARY **50**

"THE PATH OF PERFECTION" (18): Transmutation Concluded—Repression of the Law of Sex; Divine Principle in Its Sevenfold Force; You Have the Secret—Use It.

BREATHING EXERCISES FOR THE WEEK :

L. Practise the Balancing Breath every morning - not after twelve noon.

MEDITATION FOR THE WEEK :

1. Spend much time in meditation this week. Take ALL the meditations from the start of the Initiate Group Course ; write them down, each on a sheet, and write in your own words your conception of them in the light of your deeper knowledge.

   (If you care to send them into me, I shall be happy to scrutinize them and make comment thereupon.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

By this time we have come to see what true Transmutation means. If there is a single FEELING (for we have seen that Man as he understands himself on all planes of consciousness is Feeling) in the whole of your life which you hesitate to submit to the rule of Transmutation, you know that you do not want it to be transmuted, and until you yield it you are not wholehearted for the Highest. We cannot expect to do this all in a day ; the important thing is to know that you are on your way, and that there is a willingness in your heart to submit all of your life to God by the process that we have been reviewing.

THIS SPACE IS FOR YOUR OWN NOTES

(a) Choose the Creative Word.

A good rule is : Whenever you feel either attraction or repulsion, whenever you feel any "desire", and with it there does not come the full knowledge as to whether it is right for you, then mentally choose a creative affirmation . . . repeat it until it has transmuted the feeling so that you are conscious of the Word only -- this will lead you into a state of oneness with God, and you will not thenerr in your action. You are aiming at a life in which your involuntary impulse and desire will always move in unity with your Divine Self, - that sub-human, human and super-human may act as one Man, as God.

This practice will become a habit as it is continued. There is no place for sentiment ; the finest accuracy is essential, just as a business man runs his business, with constant watchfulness. Particularly shall we find this important in matters such as sex. Heavy laden with the burden of sex, how are men and women to "become as little children" so that they may "enter the Kingdom of Heaven?" One wise man has said that there will never be a perfect marriage until men and women learn Transmutation of Sex. One might add that as man is only a half, and as woman is only a half, there cannot be the Whole in either man or woman until Transmutation of Sex is understood and practised. But most men and women only want to be halves - they want to suffer attraction and repulsion, reacting to each other as male and female, prolonging the strife of opposites. Yet anyone who has known love without sex knows that it is a thing of infinite beauty.

But just as we are brought close to this divine idea through a consideration of the all-consuming subject of sex, so we may broaden our view of Life in all planes of manifestation and see what a future lies ahead on this earth when all men and women have learned Transmutation, so that it affects EVERYTHING IN THEIR LIVES. . . . when Man has become One with God, and God is expressing FULLY through every human being.

(b) Children Are Un-Self-Conscious of Sex.

A little child is entirely unconscious of sex. It is un-self-conscious of either male or female. But there goes on in the child a process of natural reproduction, although there is neither expression nor repression of generative energy in any activity or consciousness of sex. It is true that the expression of generative activity produces prostitution, diseased children and many other "social evils". It is equally true that its repression accounts for the greater part of the "nervous troubles" which become steadily more and more serious.

You will know, as I know, that man is falsely trained from boyhood to believe that expression is the law for him, for "his health depends upon it!"

Woman is falsely trained from girlhood to believe that repression is the law for her. This absurdity results in clandestine association, in prostitution and so forth, and all kinds of concurrent deception. The cure for prostitution and accompanying and resultant wrongs will never come until both boy and girl are taught the Truth of Sex, and trained in the re-direction of desire and the transmutation of energy as we are being taught in these Commentaries. The generative instinct can, of course, be directed into paths of regeneration, and it will be a holy day indeed when such matters are taught to the young in their regular school curriculum.

Into this glorious truth we are now introducing ourselves, and I repeat that the more we can engage in Transmutation as a whole - becoming ONE WITH GOD - through

THIS SPACE IS FOR YOUR OWN NOTES

a contemplation of the physical energy, transmuting it, raising the earth force into the Kingdom of Heaven, bringing the physical power into mental and spiritual power, the sooner will we become masters in very truth. The generative processes which are going on in our bodies throughout our lives then become the regenerative processes . . . and as regeneration, Transmutation, "lifts us up on high", we come into the consciousness of THOU IN ME, and I IN THEE for evermore, and we LIVE according to our higher consciousness.

(c) Never-Ending Reproduction.

Man generally has never realized the possibilities of these facts about himself, and rare indeed is the man who is awake to the fact that he is ALWAYS reproducing himself, always reincarnating, always re-making his body according to the pattern of his own beliefs and desires.

We Nobles of The Light have started on this mysterious journey. We are learning that through Transmutation we shall attain to the Wholeness, the Unity, of Spiritual Man who is neither male nor female, but both natures regenerate in ONE - in God. Reproduction will teach us that LIVING beings REGENERATE themselves.

We come, then, through a knowledge of Transmutation to know the seven divine principles -

The Divine Principle of the God-Self.-The principle in which all men are manifested, and in which all true men live, the principle that says "Thou shalt have no other Gods before me," the principle that says "I am the true God-Power - I must put no other attainment ahead of my own, for to lift myself to The Heights I must know this, and lift others to The Heights I must be there myself."

Divine Principle of God-Realization.-The principle of understanding and knowing life as it truly is. In energy we find the God-Power and in correct application of it we find the God-Life. Thus our Divine WORD is "I AM, therefore I KNOW" . . . and I live what I know.

Divine Principle of Attunement.-This principle conducts us to the calm attitude of Peace. We thus come to KNOW the God Energy, and can mould it into any form, mood or interior consciousness, and thus again adapt it into action to do the Will of God and know ourselves to be a positive part of the true essence of Nature.

Divine Principle of Perfection.-As man is the highest manifestation of Cosmic Energy, he must hold himself constantly in the consciousness of Cosmic Perfection. He knows that "Whatever the Creator is, I am" and "I know I am the I Am."

Divine Principle of All Seeing.-Attuned to Perfection, and being the master of meditation, the student is ever "entranced", so to speak, and reaches the realm of reality of The Absolute - he comes to know God. In all that he says and thinks and feels and knows, he is ever in the Presence - hence his life is a life of Perfection.

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Divine Principle of All Knowledge.-Similarly, the student, by living what he knows, contacts knowledge of The Absolute and through constant practice of the realization that he is in The Presence, comes to know all things, and again, through practice, comes to do all things without erring.

Divine Principle of Power.-Observing the principles of All Sight, All Knowledge and Attunement, you possess all Power, for you contact it at its source and have the understanding with which to use it. Thus on all planes your life is complete.

We in Mentalphysics have the Secret. Let us USE it. In a word, it is Transmutation.

I trust, My Beloved, that you are increasingly finding Joy - you are JOY, and Health, and Light, and Power, and Beauty, and Peace . . . you are ALL that there is ; it is your Divine birthright, lost through the ages but now recaptured. May your Highest Self so instruct you that your life in all its expression be the outpouring of all that you are evolutionarily capable of expressing through knowing. . . through living what you know.

And in closing may I ask you what you are doing for The Institute, and for your fellow men? Are you bringing in students - if not, why not . . for you know that the only end and aim of your life now is to work for others and lead others to The Light. I wish that you would give this much thought. Just as your own life cannot again be what it was - just as you cannot ever again throughout eternity slip back into the old consciousness of fear - just as you know that you are on your way to The Heights, so must you realize that there are countless numbers of human beings, your brothers and your sisters, who are also seeking as you were seeking before you found. Therefore it is your sacred DUTY to seek for them. If I were you I would make up my mind to get one student every month, and I can only say again, what I have said many times to you, that there is no satisfaction anywhere to be found such as leading another into the Light of Divine Wisdom.

I trust that you also are using the little depositories - this is a great secret ; and I advise you most strongly to use your Depository daily. If you are not using them, please write personally to me in the matter.

I leave you in the highest vibration of Joy. Be happy - oh, be happy and give thanks always, without ceasing.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles 4, California, U.S.A.

End of The Fiftieth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **51**

"THE PATH OF PERFECTION" (19): Ascending the Heights—Retrospective; The Importance of Practice; We Are in a New World of Our Own Making.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In our last Commentary we saw that we had come to

The Divine Principle of THE GOD-SELF
The Divine Principle of GOD-REALIZATION
The Divine Principle of ATTUNEMENT
The Divine Principle of PERFECTION
The Divine Principle of ALL SEEING
The Divine Principle of ALL KNOWLEDGE
The Divine Principle of POWER.

In this Commentary I wish to ask you to let your mind dwell on the progress that you think you have made in the understanding of Life Itself since you have been in Mentalphysics. Therefore, let us be ABSOLUTELY HONEST - not afraid of anything or anybody, and let us go into the secret place of the Most High within us, and ascertain where we actually stand in relation to our Higher Selves as we know ourselves now and to The Higher Life which we feel we are unfolding into. Be true. Be brave. Be honest. Analyze without any alibi, without any excuse. If you are not making the progress that you think you should - why not? If you are, Give Thanks!

Do you actually KNOW YOURSELF to be the Divine Principle - The Creator in human form, so that every moment of the day you are conscious of this one transcending fact of life? Do you wake with the thought - do you throughout the day feel that you are directing the Divine Principle and that It is directing you in all the activity of your life. As I write to you, I ask myself this same question. And it seems to me that, looking back, I am much more conscious of this truth than I used to be some years ago. I am able to keep my body fatigueless and full of energy at all times in all conditions. I am able to actually FEEL that my Body is the Temple of the Living God, and the feeling causes me to KNOW the Joy of Life, the Beauty of Life, the Power of Life --- and to an increasing extent, through practice, to know the LIFE OF LIFE within me. And thus I feel I can say that I can truly know myself to be the Creator in human form.

THIS SPACE IS FOR YOUR OWN NOTES

In Mentalphysics we must not drift into an "understanding" of the truths we are learning. That is so common among so-called metaphysicians. WE MUST LIVE WHAT WE KNOW, and must never for a single moment lose the FEELING (and we understand this now, through our Commentaries on Transmutation) that we are in the Presence, that our bodies are the Temples.

(a) The Importance of Practice.

And that naturally means that we MUST PRACTISE. There is but one royal road to illumination and enlightenment and that is PRACTICE, PRACTICE, PRACTICE!

To become a pianist, we must practise. To become a singer, we must practise. To become a lawyer, we must practise . . . and so on - every phase of human activity needs practice, and practice only, to lead us into efficiency.

Of course, you will meet many who will tell you that there is no need for practice. In one of my classes in New York, at one time, there were two brothers and one sister. One of the brothers came into Mentalphysics for the express purpose of curing a rupture, and the other brother was crippled up with rheumatism. The sister came in "merely because the boys were interested". She, however, worked hard and practised faithfully, and the brother with rheumatism did all that he was told to do. The result was that these two quickly changed their whole life outlook and expression. The other brother was a college professor, and regarded Mentalphysics as a very fine intellectual teaching, but was disinclined to maintain with zeal his spiritual practices. After six months, with the one brother conditions were so wonderful that he lost all his rheumatism, and is today a wonderful specimen of a man, a faithful student and practiser of Mentalphysics. The sister is a wonderful soul, and has found her God. The other brother is still floundering.

When I came to inquire about this trio, I found that the college professor was everlastingly talking about Mentalphysics to his brother and sister. "There is no need for practice," he told them. "We ought to be able to do it in an instant. Why should I have to spend time in meditation every day? Why should I have to do this - why should I have to do that?"

In that manner he not only robbed himself of a priceless heritage, but he unconsciously tried to rob his brother and sister of what they were gaining for themselves. After four years, this brother is anxious to get better - he is almost bedridden now - but he will not "toe the line". And God says to us that we MUST "toe the line." We MUST obey the Law. The whole Universe is ours - and in Mentalphysics we know that the universe is My Whole Body - but we can only come into possession in ONE WAY . . . . that is, by recovering our lost birthright and learning the secrets of life, and then LIVING EVERY MOMENT WHAT WE KNOW.

(b) Your Own Thursday Night

Therefore, My Beloved, at this stage of your development, I counsel you with all the truth that I know - keep up your practice - Never mind what others say - you have come to know somewhat of The Law . . . do not rob yourself ; allow none to rob you of what you have learned.

Moreover, if as you read what I am now writing there steals into your mind any little doubt, you must regard this as a warning from your Higher Self not to let go, not to become indifferent. God is not mocked. Nor are the Higher Ones, and when once we have invoked their aid they see to it that if we turn our backs

THIS SPACE IS FOR YOUR OWN NOTES

upon The Light we suffer as a consequence - it is The Law. Let us all together go on, then, to conquest. Avoid any longing for the spectacular. Just BE HAPPY all the Day and GIVE THANKS.

It is possible that you need to look a little more deeply into the ORDER of your Life. You may say that you have not the "time". You will never have more time than you have now. If I were you, I would make Thursday night your OWN night. Let there be no appointments, and refuse to allow anything to interfere with Thursday night. Then, take your Commentaries, and study them consistently, knowing that from 7:30 p.m. till 9:15 p.m. - Pacific Standard Time - the Inner Chamber is in solemn conclave here at the Institute - and that you are with us here.

It is necessary for you to master your Commentaries step by step, and I realize that there is a great deal that you yourself have to "dig out". Truth is in you - you ARE TRUTH. It is YOU who must be the analyst ; I, as your Teacher, can only be your guide. Thus we must all work out our own problems, but Mentalphysics is the royal tool which we have been privileged to use.

And at this stage of your development, you must remember - never forget to remember - that there are countless thousands who were where you were before you came into The Light through Mentalphysics. They are the "field", and the "field" is ready for the harvest. In a single word, I know no better suggestion to make to you than to endeavor every month to get one student for Mentalphysics. I can but repeat that this will bring you the HIGHEST joy. When you understand fully the integral meaning of Aggregation, you will not need to be counseled to do this - you will see that this is the ONLY thing for us all to do in life . . . unselfishly, untiringly working for the benefit of our fellow men. And throughout eternity we shall increasingly come to know that we are linked with those who are brought into The Light through our efforts, a strength to our souls and a blessing to our spirit.

During this week you should read all the Commentaries that deal with Transmutation - from the Thirty-third Commentary onwards. Make your own notes ; do your own analysis : each day, and every moment of the day, KNOW (because you FEEL) that you are transmuted into The Kingdom, that you are in immortality now and walking as an immortal among mortals . . . not in pride of heart, but in the deepest gratitude and humility of spirit, being happy and giving thanks unceasingly as you follow The Path.

(o) I am the Master of my Fate.

Next week we shall open into The Vibro-Magnetic Breath, and teach its inner Meaning. As you will recall, the Vibro-Magnetic Breath is the first truly electrical breath - it is the first truly charging breath. You have come through the Memory-developing, the Revitalizing, the Inspirational, the Perfection Breaths . . . and now, understanding the laws of Right Living, you are ready to go forward into Right Effort through the understanding of the Vibro-Magnetic Breath. Established in the Truth, knowing the essentials, we are now ready to go on and turn on the current, so to speak, in the Vibro-Magnetic Breath. I know that you will greatly enjoy and be enriched by the Commentaries that are to come to you during the next few weeks.

With all my heart I hope that you can say with absolute knowledge - "I AM THE MASTER OF MY FATE."

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But Fate - what IS Fate? We use words glibly, knowing, yet not knowing their meaning. FATE - an irresistible, irrational power determining all events in our lives, with no manifest connection, or reason, or rightness. Is it that? Or is it, as some think, Predestination? . . all the events being determined by a Power other than ourselves? Or is it Necessity? . . . that which cannot but be?

Nobles of The Light, IT IS ALL THREE.

"There IS a Power that shapes our ends, rough hew them as we may" . . . and there IS a tide in the affairs of men, which, taken at the flood, leads on to fortune. (The Power, as we know, is our Higher Self.) The forces of Nature are blind forces, yet they are not blind - and you have only to think back over your lives to know this . . . THEY ARE ETERNAL, UNALTERABLE FORCES, seeing far ahead. IT IS MAN WHO IS BLIND, for he does not see the direction or the object of the forces. Fate is an irresistible force that determines events. It is Predestination, for the events are "pre-ordained" by ourselves. It is Force other than ourselves, if we see it that way. It is Necessity, for the events cannot but be, for they are the effects of causes. We start a fire ; the fire is inevitable. We can cancel the fire with water - that is inevitable, too.

(d) You are the Controlling Power.

Who, or what, then, is the controlling power? The answer is, and must ever be, no matter how many words we use to try to explain otherwise, THE CREATIVE SPIRIT. But most of us did not know until we learned in Mentalphysics that "Whatever the Creator is, I am" ; and, therefore, for us (as for the majority of the people in the world today) FATE was "black as the pit from pole to pole." The events of life were pre-ordained by a power we thought to be other than ourselves --- which is true, and yet not true. We were creatures of Necessity, for the events that came to us could not be avoided, nor did we know how to avoid or cancel them.

> NOW WE KNOW THAT THERE IS NOTHING WRONG WITH LIFE OR THE WAY IN WHICH BY INFINITE WISDOM IT IS CONDUCTED.
>
> WE KNOW THAT IT IS WE WHO HAVE THE POWER TO MAKE WHATEVER WE DESIRE OF ALL THAT WHICH GOES TO MAKE UP OUR LIFE.
>
> IT IS WE OURSELVES WHO DO IT ALL - WE ARE ALONE RESPONSIBLE.
>
> WE OURSELVES CREATE THE EFFECT OF TOMORROW IN OUR LIVES BY THE CAUSE OF TODAY. (A horse cannot cancel fire with water, because it does not know how. Man is just the same as the horse so long as he remains in ignorance of his TRUE nature, so long as he remains the creature of Fate. There is no Fate. Ignorant of the LAWS of Nature, men and women must remain the flotsam and jetsam that will eventually be cast up on the beach, high and dry, to bleach in the sun.

In what men call FATE, there are two factors - CAUSE and EFFECT, that is all that we have to learn.

We are learning this, and we are in a new world of our own making. Let us Nobles of The Light REALIZE this, and, Giving Thanks continually, seek to spread The Light among the Toiling Pilgrim wheresoever, howsoever, whensoever we meet him.

Peace be unto you - until next week, rest in the review of your own Commentaries, in Light . . and Joy . . and Reverence . . and Peace.

Written in Faith at Los Angeles, Calif., U.S.A.
End of The Fifty-First Commentary Inner Chamber

Sincerely your Teacher, in
Fraternal Bonds of Joy and Hope.

Dino Lenei

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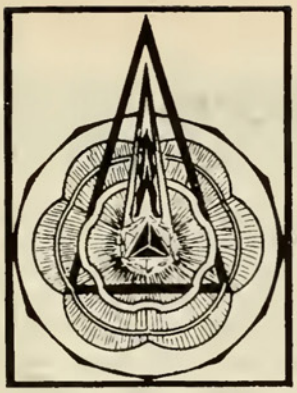

OM MANI PADME HUM

The Inner Chamber

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COMMENTARY **52**

"THE PATH OF PERFECTION" (20): The Vibro-Magnetic Breath (1); Secret of Cause and Effect; At the Cross Roads—Beyond the Cross Roads; Loss of Self in Non-Being.

BREATHING FOR THE WEEK :

1. Breathe the Vibro-Magnetic Breath, physically, three times in the morning and three times as soon after sundown as possible.

(You may do whatever other breathing that you wish, but you MUST breathe the Vibro-Magnetic at least six times during the 24 hours.)

MEDITATION FOR THE WEEK:

1. "THOU ART MY LIGHT . . . THOU ART MY LIGHT."

(Think of the many meanings that you can give to the word "Light", and meditate upon them as your Higher Self inclines you to meditate. . . Pray without ceasing.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In our last Commentary you will recall that we spoke of "F A T E" - and we know there is NO Fate. There is but Cause and Effect. These are the two factors. When men are stricken with what they call disease, it is an Effect, . . the Cause lies buried in the Unconscious Mind, so called because we are not conscious of it. You have met many people, and so have I, who do not wish to learn, or to know - THEY DO NOT WISH TO KNOW. The possibility of escape from "Fate" by hearing and living the Truth is literally abhorent to them, and they consequently have to submit to their self-imposed tyranny. They do not know that their condition is the effect of their own actions in ignorance of The Law. We know that cure of anything - physical, mental or spiritual - is not possible until the CAUSE of wrong thought is lifted out of the unconscious into the conscious. Strange as it may seem, many people will rather face death than face a cure for their trouble, and among such people are to be found many who are steeped in book-knowledge, BUT WHO ARE IGNORANT OF THE LAW AND THE WAY IN WHICH IT WORKS WITHIN THEM AND ABOUT THEM.

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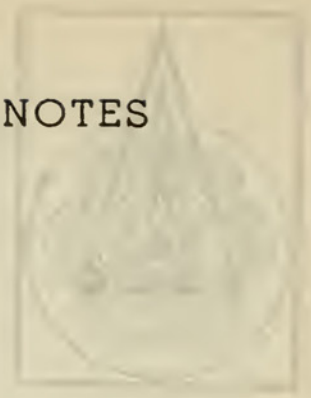

Therefore, such people imagine that all that goes wrong is the cause of "Fate", something external from themselves, all ignorant that they are reaping the EFFECT of causes sown by their OWN thinking and their OWN conduct.

As I write I feel that when you read you will feel this to be absolutely true. You will feel happy that you have come to know. You will feel your heart singing in Gratitude, for, for us, now that we know that WE ARE THE CREATOR IN HUMAN FORM, the whole picture changes. Our outlook is one of Hope and Courage and Power and Final Realization. What have we to care or to worry about - We know ourselves to be The Law, and all that we can do is constantly to raise our hearts in gratitude, "I thank Thee, Lord . . . I thank Thee . . . I am glad . . . I rejoice, and give thanks for the knowledge that the Lord of Me is the Law of My Being enthroned in the All That There is."

At the same time, My Beloved, we must watch - ever be watchful. We know that Man's consciousness is capable of INFINITE expansion and for the entertaining of countless millions of ideas - good or bad. (Think of your memory, and see that it is possible to store your memory with countless, countless ideas.)

(a) The Vibro-Magnetic Breath.

Thus do I introduce to you the subject of your VIBRO-MAGNETIC BREATH, for it brings us to the cross-roads in our practices in Mentalphysics. No matter at what stage you may be in Mentalphysics, - whether in the Initiate Group teaching, or far far along in the Inner Chamber, the Vibro-Magnetic Breath will always be the midway point. In your Commentaries so far you have gone through what we call the "Melting Process". There has been revealed to you the Golden Light - the Secret of the Golden Flower. That is the first secret, the discovery of The Light. Though differing in form and style (and differing also in physical movement, with consequent differing mental results), the Memory-developing, the Revitalizing, the Inspirational, and the Perfection breaths have much in common in the fact that each is a separate means of unlocking and diffusing The LIGHT,

While alike, they are also quite unlike, for each has its own work to do in the physical organism and in the mind. What I mean is that the work that is done in the body when you are breathing the Revitalizing Breath is quite different from that of the Vibro-Magnetic. Each of your Eight Key Breaths, which you were given in the printed form in the Initiate Group Course (or, if you went through class under my personal direction, were given to you then), is a separate stepping-stone for us as we pass across the Great Divide . . . or as we come from the Outer Darkness into the first visibility within us, . . . or as we come from the extreme outer circumference inward, with faces filled with joy as we see, as yet afar off, the Center of Centers where burns, unfanned by aught, the Golden Light of Life Eternal. So each of these Breaths has contributed to the "Melting Process". The substances have been melted, and we have come to feel the surge of the Light within us in many ways of feeling, and we have through the Melting Process come to know Transmutation.

But we have a great work to do, for we are laying the foundation stone of eternity, and we must not go too fast. Indeed, we cannot go faster than we are evolutionarily able to go - though some want to go faster than is possible for them to go.

Having come through the "Melting Process", we are ready for the "Mixing Process".

When I say that we have come through the Melting Process, I mean that in our practice we have been led out so far into The Light that we have caught glimpses, or dreamed dreams, or had visions of what our True Nature is . . . and we have been

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inspired with our own thought that Man, without understanding of the Divine Principle, will go through this life with no greater wisdom than he came in with. And the glimpses that so far have come to us seem to assure us that, to regain a full understanding of his own True Nature, man has to revert to and re-attain that germ of the Divine Principle that once he fully knew . . . a germ capable of being so stimulated into activity as to raise the personal consciousness even to the point of unity and Oneness with the Universal Mind.

One Noble of The Light will view what he has learned in one way, another in another . . . but ALL of us through practice have come to find that man's "Earthly Heart" (consciousness) can be metamorphosed, reversed, turned as it were inside out and outside in, so that we go on to the realization of the "Heavenly Heart" (the Divine or Christ Consciousness).

In this Commentary, let us analyze a little : We have learned that the Body, and the Mind, form the tool that as willing apprentices we use - we have no other. But we have found that man must rise above external nature to which he is tied as to a wheel. We know also that, unless he gets away from external nature, unless he breaks down the appearance, with the persistent strength of his consciousness, seeking the within from the without, he can never reach the REALITY. Through our practice - and through practice alone is this possible - we have learned, in exact relation to the intensity of our practice, that REGENERATION DETACHES US FROM THE CLAIMS OF NATURE and REAWAKENS US TO THE SUPERNATURAL PRINCIPLE THAT IS INHERENT IN ALL OF US.

(Important Note.- You will notice that in your Commentaries I have purposely called the same thing by many names. This is by definite design, so that we may avoid all narrowness. At the start of your study in Mentalphysics I charged you to read little, to "Have No Tongue," to be narrow in the avenues in which you think, and so on . . . . why? So that the seed shall take root. But now that the seed has taken root in our consciousness, then we may explore the whole realm of science and art and literature and philosophy and any other study. But then we will discover that we have learned in Mentalphysics the very KEY OF KEYS, for through Mentalphysics we come to understand all things that we encounter in the Universe Within and the Universe Without. And you can be assured, my Beloved, that in Mentalphysics we have the final doorway through which to realize the Ultimate, and the actualizing of the potentialities of Soul and the Realization of the Eternal NOW.)

(b) At the Cross Roads.

Now, I am inviting you to go far away back again in your Teaching. I want you to take the printed sheet which shows the illustrations of your Vibro-Magnetic Breath, and study the technique just as if it were a new thing for you. You will read the instructions as to how to breathe the Breath ; you will study, the spiritual affirmation that follows it. (You doubtless have memorized this long ago - now I want you to think about the affirmation and see whether you can see WHY)

"I think of the Loveliest Thing I have ever known, . . . etc., etc."

Think WHY the three movements of the Breath - the three swings. Think about the whole of the technique of the Breath.

I want to impress upon you the need of analysis of the Vibro-Magnetic Breath, and the analysis comes under two heads -----

THIS SPACE IS FOR YOUR OWN NOTES

(a) The Physical.-You will probably have noticed that the three previous Breaths (the Revitalizing, the Inspirational, and the Perfection) are felt most in the front of the body ; that is, you will have seen that they develop the front of the body more than the back of the body. Coming into the VIBRO-MAGNETIC, we find that we begin a technique that develops the back of the body. (Practise the Breath, and you will see what I mean - that is, if the posture be perfect, and the buttocks anchor the body correctly.)

Do this Breath slowly once or twice, and see if you can feel the effect of it in the body - the parts of the body that you feel it most, the sensation that the breathing brings, and so on. You should feel a great rush of force up the spine as you hold the buttocks and retain the breath in your body.

(b) The Spiritual.-Read over the Spiritual Affirmation, and think about it. WHY am I to think of "The Loveliest Thing I have Ever Known"? You will see that many ideas will come to you, and the one I wish now to give you is that while you are thinking of the LOVELIEST thing you have ever known, your mind cannot be occupied with any thought or picture of a lesser quality - and this picture will become clearer and clearer to you, so that whenever any negation approaches "The Loveliest Thing" will come up before you, and so dispel the lower negative thought.

Therefore, enter into a critical analysis of your Spiritual Affirmation to this Breath, in the light of what you have so far learned - and great Light will break into your mind.

You already know that you ARE THAT. Then, FEEL it.

(c) We Go Beyond the Cross Roads.

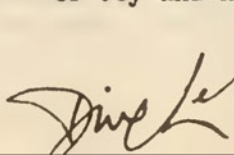
With this practice during the present week, you will prepare yourself for going on beyond the cross-roads. You are ready for your Journey to The Heights, and you are choosing the right road. So far it has been made clear to you that with the circulating of The Light, moving in circles within you, there has come a certain physical and mental purification. In your Commentaries on Transmutation, it has seemed that, as you have watched The Light at work, there has been in the center of your Being a Non-Being, for you have seemed to lose yourself in this Non-Being. Then, as with practice you have watched further, you have seemed to have developed within you an inner Light so strong that you have found that you can go further. And you have gone further, only to discover that in the center of the Non-Being there was embodied a Holy Being, hidden, mysterious ; . . . and with the finding of this Being . . . God, the Almighty Father . . . you are on your way to understand and know ALL.

We have a beautiful time of study and practice before us during the next few weeks, and therefore I ask you this week to remain in the spirit with your Teacher . . . be close to me all the time. Imagine our work here at The Institute. Feel that you are a part of this great movement, and that you are doing all that you can to bring others into our ranks. Look forward with pleasure to your next Commentary . . . and for this week, Be Happy and Give Thanks again.

And when this Commentary comes into your hands, feel that it rides into your soul on the waves of Light and Love and Joy and Strength and Youth and Life and Peace.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.
End of The Fifty-Second Commentary,
Inner Chamber.



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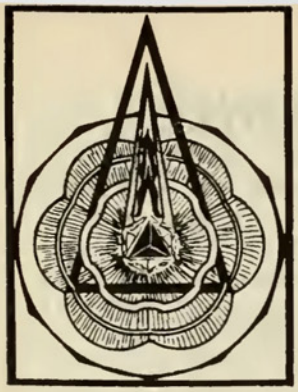

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY **53**

"THE PATH OF PERFECTION" (21): The Vibro-Magnetic Breath (2); Instincts Cause the Outward Flowing; Practise Emphasized for Steadfastness and Freedom.

BREATHING FOR THE WEEK :

1. Same as in your Fifty-Second Commentary.

(I can only repeat that YOU are to be the judge as to what physical breathings you are to carry out now. I would go so far as to say that you need not do any physical breathings if you are SURE that you can breathe mentally and get the same results. BE SURE that you do not need practice of physical breathing, however, before you discard your early practices.)

MEDITATION FOR THE WEEK :

1. "I AM THINKING OF THE LOVELIEST THING I HAVE EVER KNOWN."

2. Take this Meditation, and formulate in your mind, through feeling, what you learned in your early work in the Vibro-Magnetic. Refer to the whole Meditation as it is printed on the illustrated sheets of the Breathings, and analyze its meaning. I would keep a record of what you think, for future reference.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Turn back to your Fifty-Second Commentary to page four, and re-read the paragraph (c) We Go Beyond the Cross Roads. . . . . "And you have gone further, only to find that in the center of the Non-Being there was embodied a Holy Being, hidden, mysterious ; . . and with the finding of this Being . . . God, the Almighty Father, . . you are on your way to understand and know ALL."

Let us think of this a little further. I am sure that in your meditation you have experienced this feeling within you. It is as if we look at the sun : all is so light that it appears to be dark. It blinds us if we hold our eyes

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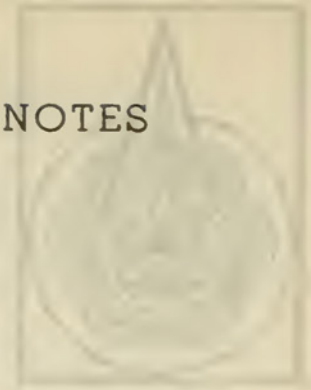

long in the face of the Sun. The Being, the life of the physical world, is in the Sun ; the Sun in you and me is the Eye, the Single Eye, the Inner Eye, the Spiritual Eye. When we began our practice we found out all this gradually, but felt that the power that we developed was flowing outward from us, or downward, or away from us. (This is important to recognize - think upon it.) We were conscious of the Golden Light flowing from us, and we seemed to know that it was constantly flowing through us, outward. But with practice we are to find (through feeling) in our Vibro-Magnetic Breath, that we are not in this Light, but that the Light is within us, that WE ARE THE LIGHT. We are to discover that the Light flows inward not outward, upward not downward, flowing backward, not forward. THE FLAMES OF A FIRE PRESS UPWARDS.

(a) Instincts Cause Outward Flowing.

I daresay that you may wonder what I mean in what I have just written, and I wish that I could put it more clearly; but I cannot - YOU must make it clear to yourself through PRACTICE.

Let us think together on this for a moment, for it is important. When both eyes are looking at the things of the world the vision is outwards. If one closes the eyes and reverses the look - inward instead of outward, upward instead of downward, backward into us instead of forward and out of us, ... "Looking," as the Oriental philosopher says, "into the room of the ancestors" . . . THAT is the way to open unto us the Elixir of Life.

When the instincts of us are stirred (as in sexual feeling, for instance) we feel that the power of us flows downward or outward (as is true in the dischargement of any product that leaves the body) - it is downward, outward, away from us, and the power seems to proceed from within us before it leaves us. We see it clearly with physical substances that leave the body, and a little practice will convince us of the same principle in all phases of life, particularly our emotional life, and with our higher forces.

BUT THAT IS NOT THE WAY FOR THE DEVELOPMENT OF
THE LORD OF THE ETERNAL WITHIN US.

THAT IS NOT THE WAY FOR US TO DEVELOP THE LIGHT
WITHIN US - it must flow upwards, not downwards.

When the true force of us (and we Nobles of The Light should now know what it is) is held back by the force of thought, so that it penetrates the crucible of the Creative Center, and refreshes us in the physical body, then we know what the "Backward-Flowing Movement" is, which leads us to the eternal spring from which all rivers of Life take their source.

(b) Re-Emphasis of Practice.

My dear Noble of The Light, all this may seem obscure, yet it is not so when we practise. In our earlier Breathings we may say that we have had our minds centered upon the gross side of our bodies and natures, and we know that the work of strengthening and purification has successfully taken place - this is inevitable, precisely according to the sincerity of our heart and the rightness of the

THIS SPACE IS FOR YOUR OWN NOTES

method of our practice. We have experienced some joy in having practised, so far as we have gone, the Commentaries on Transmutation, and we are not afraid to go on. In the Vibro-Magnetic Breath we go from the gross to the subtle, from the outer to the inner, from Being to Non-Being, only to find that, as we penetrate further, the Truth of BEING is successfully and gradually revealed.

This may not be understood spiritually by you. If not, it is because you have not made that progress in the life within that will allow you to make this REAL to yourself. But, no matter how far upon The Way we have gone, the principle as I am trying to describe it, is precisely the same, whether it applies to the Outward-flowing or the Backward-flowing movement.

One philosopher has said :

> "By concentrating the thought, one can fly; By concentrating the desires, one falls. When a man takes little care of his thoughts and much care of his desires, he gets into the path of depravity. Only through contemplation and quietness does true intuition come."

We can now see that it is through the Backward-flowing movement (true Transmutation) that we come to the control that the philosopher refers to. All methods take their source in quietness . . . THE SILENCE IS THE HOME OF MAGIC, for all things are born there ; and, Noble of The Light, never forget that until it is made known to us . . . until WE penetrate the mystery . . . all knowledge is embodied in Mystery.

All knowledge is embodied in mystery until we make the knowledge our own. Life seems, however, ever to be in the center of our life calling out in commanding tones, "Forward, forward, into the UNknown." Or do we hear it as "Forward, forward, into the KNOWN!" Whichever way we view it, we know that we must ever be seeking for that which alone is our power - and that is Knowledge. We are ever grappling - consciously or unconsciously - with the problems of Life and Death . . . and we know that what we have regarded as "death" is also Life. We are all investigators, we cannot help but be, conscious or unconscious investigators. In outlying fields of official science or in the still more distant fields of unorthodox inquiry, our minds are ever grappling with the secrets of life and death, and for us in Mentalphysics we know that there are ever new vistas of splendor and knowledge. I feel I may say that to everyone of us in Mentalphysics, from the Initiate Groups onward, we have initiated ourselves into an entirely new attitude of mind towards life in general. No matter what "education" we may have proviously had, in Mentalphysics we are opening up successfully new avenues and methods of personal research. We are unearthing new information and discovering what the sacred word "Breath" truly means. We are tearing down veils. And, My beloved, my advice to us all is never to cease until we have pervaded with the Light of understanding and knowledge every phase of our own lives.

In general, we know that ALL IS LIGHT. Light IS - it is the ESSENCE, though it is the mystery.

(c) You Are a Spiritual Being.

And, further, My Beloved, I wish to inspire you never to let down. Knowledge is slow to come, but it comes more rapidly to us as we practice to know. The central tenet of Mentalphysics is that THERE IS NO DEATH. Now, this is a great statement. We have learned much in Mentalphysics to prove to us intellectually that this is true. If there is to be discovered proof (and we emphatically declare that it is true) that human personality is victorious over death, you and I have a right to

THIS SPACE IS FOR YOUR OWN NOTES

know it. If there is a spirit world, it is wise that we dispel our ignorance of it and penetrate the mystery. Can we become what we want to be, and for ever do what we want to do? . . . how foolish of us to go on in ignorance of the Art, if it is possible for us to learn it. We, then, are consciously investigating.

So I feel it in my heart as I write to you to counsel us all to be steadfast and ever practise the stepping over of the threshold of the Unknown, or, if you prefer, leaving the Unknown to come into the KNOWN.

I feel that all of us in The Inner Chamber realize now that this earth life of ours is a very short episode. We are SPIRITUAL beings, and so work upon matter only in an indirect and secondary sort of way. I personally, as your Teacher, feel that we have not yet gone far. We are not yet able to do with the matter of our very bodies (that particular realm of matter which we have made veritably our own) precisely what we desire to do . . . then how much less can we control the matter bodies that are other than ourselves? Yet we are faced with paradox after paradox, because things are not what they seem, and our control is certain in one course. And what a thought !

In your practice so far you have found that it was necessary for you to gain a knowledge of the matter of your body so that you could build a new and perfect body -- "Perfect as your Father which is in Heaven is perfect." Then, with slow and patient practice, you were led to see that to understand that perfect body that you had built, and to keep it perfect AS THE FATHER WHICH IS IN HEAVEN IS PERFECT (Pure Spirit), it was necessary for you to lose all sense of it . . . and so we learned something of Transmutation, for when we lose sense of the matter-body we only feel that we are freer. Thus we go, so to speak, from matter to Mind or Spirit, which is freedom.

During this week, then, crystallize what you have learned . . . how? Meditate much. Do not get disturbed in the slightest at any moment of the day throughout the week. Do not talk overmuch. Do not allow yourself to be inveigled through desires into the byways, but keep yourself straight in the middle of the Great Highway of your Mind. In other words, PRACTISE MASTERY, - and Be the Master! Every moment of the day, THINK mastery. Act the part. Declare to yourself that everything that you do is under your control, and that you can FEEL the perfect inflowing of the Perfect Principle which is the Wisdom of The Father, so that your actions and your thoughts and your feelings and emotions are all flowing together into one perfect stream of Life perfectly expressed through you. You have learned the way to FEEL IT - now REALIZE IT !!

And thus you will be HAPPY - and Give Thanks. Try to secure one student for Mentalphysics during this week, and so you will help your Mother, Mentalphysics.

Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Dive Le Mai

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Third Commentary,
Inner Chamber.

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The Inner Chamber

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COMMENTARY **54**

"THE PATH OF PERFECTION" (22): The Vibro-Magnetic Breath (3); Silence the Home of Magic; Conscious Ruler of the Human Heart; Primordial Ruler of the Heavenly Heart.

BREATHINGS FOR THE WEEK:

1. Same as in your Last Commentary.

MEDITATION FOR THE WEEK:

1. Same as in your Last Commentary.

(I hope that you are seeking the inner meaning and reason of this Meditation. "And I pledge myself, I vow, that from this moment henceforward nothing shall enter my Memory - no idea of disease, decay, senility, old age, disappointment, doubt, failure, Death . , nothing shall enter my consciousness but that which is unison with All Good and my very Highest Conception of Truth . . . And there I see the whole conduct of Man, there I see my whole conduct.")

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

"I am sure there is a spiritual world and that we are part of it," said Sir Oliver Lodge. "A spiritual world is for me the greatest of all realities. It has not led me, however, to under-estimate the importance of this life. This life is intensely important for most of us, and constitutes a wonderful opportunity that may never recur. Infinite possibilities lie ahead, and I think that if my investigations have proved anything to my complete satisfaction it is that this world is not our home. . . . You see, we are spirits now, although we are incarnate in the body. We are always acting as spirits, and we can do certain supernormal things now. . . . . It is a mistake to suppose that material objects in the material world are all that exist. THEY CONSTITUTE ONLY THE SHADOWS OF A DEEPER AND SPIRITUAL REALITY."

I quote this to show that, no matter what our particular study, we inevitably must come to the same conclusion. The physicist, pushing his investigations

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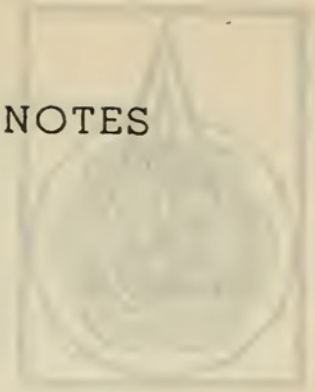

as far as he can on the physical plane, comes to the metaphysical. The materialist must come to the spiritual.

(a) We Are Made of Eternal Things.

Accumulating a certain amount of earthly material, such as money and things, is of no permanent use. You can accumulate experience, memory, kindnesses, and so forth - and these are the real values -- permanent, eternal . . AND THEY BECOME OUR VERY OWN, PART OF THE SUBSTANCE OF US.

I remind you that Silence Is the Home of Magic - not until we know how to be silent can we hope to know much. Often, when writing to my students in all parts of the world, I wish that we could all meet together. Students are always coming and going, and I always do my best to give them time when they come to Los Angeles. As a general rule, I am impressed with the fine type of human being that we attract to Mentalphysics. Only today there have come a student from Washington, D.C., another from the State of Washington, another who is going to Japan, another who has sold his business and intends to settle for some time in California so that he may come to The Institute for private teaching, another from New York, and another from Norway - one of our valiant missionaries who went there two years ago and has been teaching classes. These in one day. All sorts of people in all walks of life. Yet ALL seeking for the Truth of Life that they know is to be found.

As your Teacher, I am so happy that, in the lives of everyone who comes to The Institute, Mentalphysics has brought that intangible Something - that mysterious Divine Something that we have not been able easily to find. I feel increasingly that Mentalphysics will some day be the universal philosophy. Imagine a state of society when there shall be all over this earth men and women like you and me, men and women who have learned that the sole worthy purport of life is to help our fellow men and make this earth a veritable Heaven. Imagine! Imagine what human society will be when everyone is working and living for the other : we can see that when Knowledge has become enshrined in the hearts of men everywhere, poverty and disease and fear and human misery and woe will have disappeared. We shall live in love and mutual faith and trust.

(b) You Are An Elder Brother.

Do you realize, My Beloved, that you are a member of the New Race - that even now you are walking the earth not as a mortal, but as an immortal? Do you know that your responsibility to the human race is exceedingly great, and that as you readily accept this responsibility you make your own life richer and GROW in the Truth of Life? And it is in the Vibro-Magnetic Breath, which we are now reviewing, that you can see the first point of real growth. Even in the Affirmation --

> "I am now thinking of the most Beautiful thing that I have ever known. There it comes before my eyes, that beautiful picture - perhaps from the long ago, perhaps from the far away . . there it stands perfectly delineated before my eyes as if it happened but a moment ago . . . " etc., etc.

- even in the Affirmation we can see the deep Creative Force being awakened, and now, through Transmutation, we are on our way to the full understanding of

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the Light that comes to us through the spirit of life.

In reviewing the Vibro-Magnetic Breath, while we still hold on to the action that we have learned in all the Breaths, we come here to the gradual "letting-up" . . . we are coming to see that there is a greater thing than Action, and that is NON-ACTION. We are coming to see that there is a greater thing than the Body, and that is LIFE.

WE COME FROM THE BODY TO THE LIFE.
FROM THE NIGHT TO THE DAY
FROM THE SOUND TO THE SILENCE
FROM THE CREATURE TO THE CREATOR
FROM THE PLANT TO THE SEED
FROM THE SEED TO THE SEEDLESS
FROM THE SEEDLESS TO THE ROOTLESS
FROM THE APPEARANCE TO THE REALITY
FROM THE CONSCIOUS SPIRIT TO THE PRIMORDIAL SPIRIT
FROM MAN TO GOD WITHIN MAN.

The Primordial Spirit is the true essence. It is from the Primordial Spirit that the Conscious Spirit comes - the Conscious Spirit is very apparent, and it can adapt itself unceasingly to almost any condition.

The Conscious Spirit is the Ruler of the Human Heart.
The Primordial Spirit is the Ruler of the Heavenly Heart.

(c) The Conscious vs. The Primordial.

So long as the Conscious Spirit stays in the body it is animus. While the body is entering into existence, the Primordial Spirit has not yet made a body in which it can incorporate itself, - therefore, it crystallizes itself into that Oneness that we think about. But the Breath, the HOLY BREATH, is not yet known.

At the time of birth the new-born draws in the power of the air. The Breath sustains it and starts it and the path has begun along the line of consciousness. The HOLY BREATH at birth leaves the primordial state of Non-action, and comes into the sphere of Action, so that the Holy Breath becomes the Human Breath, dwelling in the Human Heart (consciousness). THE PRIMORDIAL SPIRIT RETIRES, so to speak, FOR IT LOVES THE SILENCE (NON-ACTION), but the CONSCIOUS SPIRIT LOVES ACTION AND MOVEMENT, adaptations to outer conditions, which means death, while THE PRIMORDIAL SPIRIT LOVES LIFE.

When we come to know this, and determine that we will awaken the Primordial Spirit - or, rather, go to dwell where the Primordial Spirit dwells - then we come to know through practice that the BREATH OF LIFE is truly magical and wonderful.

In its circulation we find our power of Action mixes so divinely with the power of Non-Action within the Enduring Spirit of Us, and with what beneficial result we are gradually coming to see . . . and we shall see it more and more as we go along in our Commentaries towards Our Own Spiritual Breath. We shall see that the Conscious Spirit transforms into the Primordial Spirit - becomes transmuted . . . but we must have conscious practice in the Right Teaching by the Right Method by the Right Man - and THOU ART THE RIGHT MAN.

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In the Vibro-Magnetic Breath we are at the middle of the Journey, and I ask you, My Beloved, to wait patiently on the Law of your own Being . . study and practice with the Inward Breath rather than with the Outward - the inward-flowing or backward-flowing rather than the outward-flowing. WE HAVE TO BREATHE WITH THE HEART, so that the Backward-flowing process reveals itself unto you.

This is the only way of the reverent practice of The Law.

(d) Exhortation To Patience.

All this may sound obscure, but I know that you will get the meaning - and that is all I desire. I have sometimes heard of students saying that, after a year or two, they get terribly tired of studying and practising The Law of Life - and as one who has had to struggle constantly for what he has attained, I can quite understand and sympathize with this feeling. But when we remember the hundreds of thousands of people it has taken to bring you and I where we are today - always in pairs - when we think of the idiosyncracies and peculiarities and tendencies to the earth plane that each of these hundreds of thousands of people have contributed to make us what we are today . . . then we should realize how complex a being we are. We must have patience, and realize that we are learning the ART of Living. We are apprentices in the Art, and must be willing always to learn.

When I was thirteen I went to learn the trade of printing and kindred trades. I was the youngest apprentice among ten, and the other nine, by virtue of their seniority, had the power to order me around, and I was compelled to do their bidding. I naturally rebelled. The first two years were absolute slavery, but I gradually came to see that I was learning something of value - which the whole world could not take from me. Year after year went by, and I grew in the knowledge of my business, until at long last I was given my indenture and told that I was a full-fledged Journeyman. The apprenticeship was a terrible ordeal - discipline, discipline all the time. But it finally gave me the right to see that others did my bidding.

So in the learning of the Royal Art. We must be patient, and not rebel. We must realize that this is the Way, and that there is no short cut. We may feel that we wish to be very spiritual, and want to get there much more quickly. We may listen to others, and thus be led astray. How many times have I seen students who are not "making progress", as they think. Look into their lives, and you will find that they are not prepared to practice, and do not practise, yet they think that the world owes them all its knowledge. No, it cannot be done that way. We have to work, and be happy in our practise, and give thanks continually.

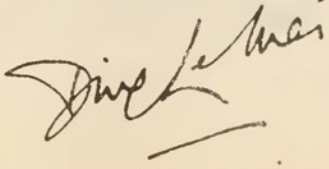
I hope that you will have a very happy week . . . that you will do all that you can to aggregate students among your friends ---- let me repeat that if you do not devote conscientiously a certain definite amount of your time to interesting others, you are standing in your own light. Make up your mind that you will get at least one student during the coming week --- and I assure you that it will bring great blessings into your own life, to say nothing of the life of your friend whom you induce to come into Mentalphysics.

My peace I give to you always --- all ways.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Fourth Commentary,
Inner Chamber.



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COMMENTARY **55**

"THE PATH OF PERFECTION" (23): The Vibro-Magnetic Breath (4); The Center of Our Technique; Need of Zeal—"Do Not Grow Weary of Well-Doing."

BREATHINGS FOR THE WEEK:

1. Same as in your Last Commentary.

MEDITATIONS FOR THE WEEK:

1. Same as in your Last Commentary.

(You should give deep thought to the inner meaning of the words of this Meditation. Take sentence by sentence and analyze. Think of the meaning of such words as "pledge" and "vow"; and of disease, decay, senility, disappointment, doubt, failure, death. Be SURE that you understand the meaning to the extent that you KNOW that you know.)

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

In your last Commentary, I asked you to do all that you could in aggregating students among your friends. Why do I repeatedly advise you to do this? Why should you devote a certain amount of your time to systematically interesting your friends when it is such a hard thing to do? The reason is that, when we come (as we have) to the Vibro-magnetic Breath, we MUST use the force; otherwise, having the force developed within us and refusing to USE it, it departs from us. The responsibility is inescapeable. We MUST "keep it in circulation," so to speak; for you will know that ALL life is motion, and if a thing ceases to engage in its own right activity it atrophies and dies . . . . " . . shall be taken from him even that which he hath."

Another reason is that we all desire to see Mentalphysics spread all over the earth, for nothing short of the regeneration of the whole human race is our objective. Therefore, be intense; never mind the refusals. Each refusal will not bring you disappointment, but will make you more and more grateful that you

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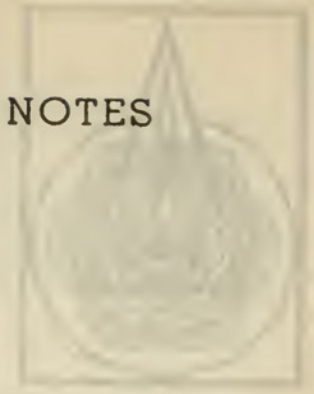


are yourself in The Light, and comparing yourself with those who still love the darkness, you will be able more and more enthusiastically to Give Thanks. Make up your mind that you will get AT LEAST one student each month.

I have advised you, in the instructions given above on your Meditation, to analyze the true meaning of your Affirmation for this glorious Breath. "What IS the loveliest thing I have ever known, and what do I FEEL when I think upon it?" Think of it in the light of the "melting" and "mixing" and "backward-flowing processes". This week we are to lead ourselves on to the Healing Breath, which is embodied in the Vibro-Magnetic, or rises out of it.

IMPORTANT - IN CONNECTION WITH THIS PRESENT COMMENTARY YOU SHOULD STUDY FAITHFULLY YOUR TWELFTH COMMENTARY, AND BE QUITE SURE THAT YOU ARE THOROUGHLY FAMILIAR WITH IT.

(a) THE PRANIC BREATH

In that Commentary you will see that we have dealt with a Breath that is not shown anywhere in the Initiate Group Course - it is the Pranic Breath or the Healing Breath. Arising out of the Vibro-Magnetic - the first truly electrical breath - this Pranic or Healing Breath is one of the most wonderful phases of the whole of our technique. So this week, reviewing with this Commentary our Twelfth Commentary we are to lead ourselves into the Silence and, through the power of our mind, literally transform ourselves by the mind's power.

We develop in turn the (a) Positive Center of our Will Power, and (b) the Negative Center of our Will Power.

In the meditational side of the Vibro-Magnetic Breath, we have come to "The Loveliest Thing I have ever Known". We find in this attitude of mind the nearest approach to bliss that we have known, for the simple reason that while the mind is occupied with the loveliest thing that has ever come into my mind, I cannot be thinking of anything that comes on a lower level of thought or consciousness. So in the Vibro-Magnetic Breath, our WHOLE BEING - our bodies and our minds - are swept with the ELIXIR that is hidden; . . and we emerge with the Fire of Life burning brightly in every cell of us, knowing that it has come from the Center of Fire (at the base of the spine) and ascended to the Sacred Pinnacle (at the top of the head).

In our rhythm of breathing we have been taken backward and inward . . . naught has been allowed to go outside . . . we are in perfect balance.

(If you have difficulty in following me, turn back to your Twelfth Commentary, and carefully and reverently go through the Pranic Breath. Do it three times a day. Follow the instructions which lead you to the "pushing" feeling at the right side of the head, and the similar feeling in the left side of the head when you reverse the current, and then, with the sweeping movement downward carry out the affirmations that are given on pp. 3 and 4 of the Twelfth Commentary. You will not be able to understand this Breath unless you practise it; therefore, if it is not rooted in your mind through practice, do it now - and continue to do it. For this wonderful Breath is truly a healing breath.)

THIS SPACE IS FOR YOUR OWN NOTES

(b) IMPORTANCE OF THE TECHNIQUE

We have come to "The Loveliest Thing I have Ever Known". In our meditational attitude all is plastic and at peace.. We are in the Magic Within so far as we can go, and then, with the intensity of our Highest Thought, we practise looking and FEELING to the right . . going further, . . feeling "as if I am on a cloud going out endlessly through space to the right", "as if I am the bosom of a great billow going out over a far-outstretching sea to the right" (and later to the left), knowing that the forcing-out feeling on the right side and the left side of the head in proper order is the cleansing process for the higher substance of my body and my mind. We have charged the Will - we have turned on Thought to a degree as high as we are capable of . . we have held the thought, and now we stop the current . . . and we feel it coming downward. (You will revive your memory of the technique of this Breath by referring to your Twelfth Commentary, and lest these sheets get into the hands of the profane there is no need for me to reiterate in a manner that can be understood by anyone not within our ranks.)

Though this healing breath may at the start appear to be nebulous to those who have not developed their intuitional powers, it embodies actually our primary concept and first true realization of the Golden Light (the Secret of the Golden Flower).

We have come to the inner cleaning process, to the transmutation, dissolving the bodily substances so that they may be mixed with the divine, breaking down the rock that we may find the gold, learning how to reach (so that we may be able to do it at all times whenever we desire to do so), our highest consciousness.

And as these Commentaries upon the Path of Perfection are not meant for the eyes of anyone who is not a sincere Noble of The Light, I am purposely presenting the meaning in language that must remain obscure to those who have not eyes to see. You will have noticed in your Commentaries that I have used many terms which in themselves may seem to involve conflict of meaning to the pupil, but I pray of you, My Beloved, reverently seek for the hidden meaning.

(c) NEED OF ZEAL

Do not grow weary in well doing. So many people are looking for a "short cut". Only yesterday, I was speaking with a man who wished to come into Mentalphysics and be given all that I know in a few weeks time - with the object, above all others, of learning how to teach Mentalphysics. He had studied very much, he said, and he recounted, with some justifiable pride, the many philosophies he had dabbled in. "Now," he said, "I am looking for what I know you have, and I want it quick." He then went on to tell me that he had "been in Christian Science for many years", not realizing that it is not a matter of "being in" any particular teaching that matters very much --- but that ALL that matters is how much we can bring into manifestation in our own lives. I have repeatedly stated in your Commentaries, and I daresay I shall do so again and again, if I say that I KNOW a thing, and am not able to demonstrate that thing, then I am fooling myself . . I prove myself to be acting as a fool or simply lying against the rules of Life.

I exhort you continually to right practice. The priceless Breath outlined in this Commentary will be priceless to YOU if you will practise it, but if you merely read about it and do not practise, it will be of no value whatever. To merely read about something does not bring us KNOWLEDGE. Everything that we can ever learn -- and we shall at last come to know that there is nothing whatever that we cannot learn, so that it becomes our very own -- is shrouded in mystery until we learn how to manifest it.

THIS SPACE IS FOR YOUR OWN NOTES

When Galileo invented the telescope he was accused of magic-mongering by the learned men of his day. In a famous letter to Kepler he told the story of how a learned Doctor at Pisa University turned away in pious horror from his telescope and would not look through such a blasphemous instrument. "How I wish you were here with me to have a good laugh," he wrote.

That is how all pioneers feel about the nervous mass of humanity who cringe before the new knowledge, or who, through their accredited Priesthoods, turn upon the discoverer and castigate him. Oh! For a friend who understands that there is nothing wicked or blasphemous about this new knowledge! Oh! For just one man who could relieve my mind by having a good laugh at the expense of those who laugh so heartily, and with so little reason, at my expense! Is that not the cry of the innovator in all ages?

The power of mind, so long derided by the learned men of the West, is now fast becoming a cardinal point in all the sciences of the world. Hypnotism, the telepathic connection and control of one mind by another, is now being used for the good of the race.

"Dangerous!" say people, when they find they can no longer say "Ridiculous!" That is their last line of defence, now as always.

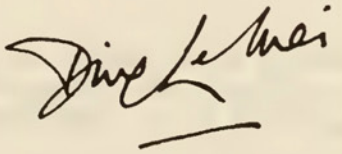
Of course, hypnotism is dangerous - in the wrong hands. So is gunpowder, so is arsenic, so is a bread-knife. Even a baby's bottle could be ground up and made into a deadly poison. There is nothing good or bad but thinking makes it so, said Shakespeare, and this applies to hypnotism as to everything else.

The more you know about your own mind and the mind of your neighbour, the more you realize that we are all truly sons of one Great Universal God, and reflections of His Universal Mind. With that knowledge comes peace, and with peace comes the Spirit of God to give us moral power beyond the ability of any knowledge to break - for in the Mind of God knowledge and power are balanced in perfect harmony, and even the suggestion of the possibility of such an unbalance would constitute an intolerable blasphemy against the Holy Spirit.

This week I trust that you will have a week of happy experimentation. Do not be in a hurry - give yourself plenty of time. Practise this Pranic Breath embodied within the Vibro-Magnetic Breath, and heal yourself of ALL negation on the physical, mental and spiritual plane. It can be done, and you will do it. Be happy. Know that ALL the forces of Life Itself are with you, and that as you FEEL after them, they will be revealed to you.

My peace I give unto you --- you at peace for evermore.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Fifth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **56**

"THE PATH OF PERFECTION" (24): The Vibro-Magnetic Breath (5); Main Obstacles of Intellect and Emotions; "The Fire Is the Elixir of God"; Illusion and Reality.

BREATHINGS FOR THE WEEK:

Same as in your Fifty-Fifth Commentary.

MEDITATIONS FOR THE WEEK:

Same as in your Fifty-Fifth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

A passage that I am very fond of is the first Chapter of the Book of Jehovah in "Oahspe", and as. I quote it for you I ask you to THINK about it in the light of what we have learned in the last Commentaries dealing with the Vibro-Magnetic Breath :

"ALL WAS. ALL IS. All ever shall be. The ALL spake, and Motion was, and is, and ever shall be; and, being positive, was called He and Him. The ALL MOTION was His speech.

"He said, I AM! And He comprehended all things, the seen and the unseen. Nor is there aught in all the universe but what is part of HIM.

"He said, I am the soul of all; and the all that is seen is of MY person and My body.

"By virtue of My presence all things are. By virtue of My presence is life. By virtue of My presence are the living brought forth into life. I am the QUICKENER, the MOVER, the CREATOR, the DESTROYER. I am FIRST and LAST.

"Of two apparent entities am I, nevertheless I am but One. These entities are the UNSEEN, which is POTENT, and the SEEN, which is of itself IMPOTENT, and called Corpor.

THIS SPACE IS FOR YOUR OWN NOTES

"With these two entities, in likeness thereby of Myself, made I all the living; for as the life is the potent part, so is the corporeal part the impotent part.

"Chief over all that live on the earth I made Man; male and female made I them. And that man might distinguish Me, I commanded him to give Me a name; by virtue of My presence commanded I him. And man named Me not after anything in heaven or on the earth. In obedience to My will named he Me after the sounds the wind uttereth, and he said, E-O-IH!"

(a) Your Divine Affirmation.

Think of the wonder of your own Thought. How blest we are to know the truth which we affirm in the final affirmation in the Vibro-Magnetic Breath :

"The Creator is within me, looking out on the Universe through my eyes
" within me, listening to the sounds of the Universe through my ears
" within me, thinking the Thought of the Universe through my mind
" within me, issuing the sounds of the Universe through my throat
" within me, doing the work of the Universe through my hands
" within me, EXPRESSING THROUGH ME

"Whatever the Creator is, I am . . . I am perfect, as HE, as IT, THAT WHICH I FEEL, THAT WHICH I KNOW, WITHIN ME, is Perfect . . . I am PERFECT MIND in a PERFECT BODY . . . I AM THAT I AM."

In these advanced Commentaries we must keep the secret of the Golden Light locked up, using language which, to the profane mind, will appear to have no meaning whatever - indeed, may appear to be positively ridiculous. In all deep teaching, this has ever been necessary, and very often even the earnest aspirant delays his Journey to the Heights by expecting the things of the Spirit to be literally presented in language. For instance, with regard to the above Affirmation, it is quite easy for many people to intellectually understand its meaning, but we must use the INNER Eye - not alone listen with our Intellect but must listen with the Heavenly Heart.

What, then, are the obstacles to our REALIZATION?

(b) The Main Obstacles.

There are obstacles of the INTERIOR YOU, and obstacles of the EXTERIOR YOU. Analyze yourself, and I daresay that you will find that

The First Obstacle is YOUR INTELLECT. - We are eternally trying to find out through the Intellect, but we must learn (so that we can really realize it) that the Intellect commences only where the Creator seems to end.

The Second Obstacle is YOUR EMOTIONS - passions to express in ways that draw us downward (the distinctly physical expression through sexual desire -- passion to possess, material possession which chains us to the earth plane -- passion of pride, the emotion of personal exultation. Under the head of the emotions, there are many others, and you are advised to faithfully analyze yourself to discover them. Wherever you find that you are

THIS SPACE IS FOR YOUR OWN NOTES

not making the progress that you feel you would like to be making, it is likely that your retardation is traceable to some aspect of the emotions.

So we have to guard the two main obstacles - the Intellect and the Emotions. By doing so, we stir the whole of the Internal Fire to consume all qualities that are negative to the Right Principle. And as the Fire "melts" the substances, you, through the highest forces within you, "mix" the purified substances, and come to REALIZE the Primordial Spirit, raising your Conscious Spirit to meet the Primordial -- or bringing into constant expression the Primordial of you through the Conscious of you.

Thus in the Vibro-Magnetic Breath (and the Pranic Healing Breath within it) you take the first step to personal perfection . . . you take your first step along that path where you learn that personal perfection must again be lost in collective perfection - the whole greater than the part.

When you have conquered the obstacles of the INTERIOR YOU, you will be prepared to fight the good fight against the many EXTERIOR obstacles that you must overcome in the "Borderland of Illusion" leading to the Heights.

(c) Illusion and Reality

If the student knows what he is doing in this magnificent Breath, happy is he ; if not, naught can be explained, and realization can only come by practice, not questioning.

In the mechanics of the Vibro-Magnetic Breath (particularly from the point of view of HEALING), we know that we lose consciousness of the body. We experience this in the rapid circulation of The Light and the vibration that it brings. Very early in the Breath we know that our FEELING seems to overpower our Intellect ; it succumbs before The Light. Then we find that the Apparent, the Illusory, the Appearance of the Reality, comes nearer and nearer, and at last we find the REALITY absorbing all. Thus we penetrate from the outer to the inner, we come to the Dawn of the Real. The circulating has definitely caused the substances to break down, and at last we are lost in the Whole. We come to a point where there is no motion - yet the realization of the most intense motion ; for we have gone from the Personal Body and the Personal Mind to the Whole Body and the Universal Mind . . . we have gained some evidence that the Golden Flower is blooming.

IF YOU ARE SUCCESSFUL IN THIS BREATH, YOU WILL FEEL THAT LIFE WITHIN YOU IS FULL OF MOTION, YET THERE WILL BE ABSOLUTE STILLNESS. YOU WILL BE CONSCIOUS OF A GREAT PURPOSE, YET YOU WILL FEEL ENTIRE ABSENCE OF PURPOSE AND EXPERIENCE PURPOSELESSNESS. YOU WILL BE BREATHING AND BE UNCONSCIOUS OF BREATH. YOU WILL HAVE BECOME UNCONSCIOUS OF ALL THE LIFE PROCESSES, BUT YOU WILL KNOW YOURSELF TO BE LIFE EVERLASTING.

IN THIS STATE YOU WILL FIND THAT YOU WILL BE ABLE TO HOLD YOUR THOUGHT TO ONE POINT IN THE MIND - IF IT STRAYS IT IS BECAUSE THE SPIRIT OF YOU STRAYS, FOR YOUR SPIRIT IS THOUGHT. THOUGHT IS THE HEART. THE HEART IS THE FIRE. The Fire is the Elixir of God.

And thus, My Beloved, have we started to take hold of eternity - THE ETERNAL NOW - becoming emancipated from time and sense, making all things and combinations of things, in the universe within and the universe without, our servants instead of our tyrants. We become the Children of Serenity - therefore, we must throughout the day and night cultivate serenity and let it live within us. Thus in the

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Vibro-Magnetic Breath, we find that Peace that passeth knowledge, and that can be defined only through our own individual experience. We have come from slavery to freedom . . . we have come from darkness into Light . . . we are on the way to mastery of all things temporal and eternal, and the MASTER, we find, sits triumphantly within.

(d) Think On These Things.

So infinite is the meaning and effect of the healing part of the Vibro-Magnetic Breath that I feel, as it is time for me to end this Commentary, that I have not done justice nor fully elucidated its inner meaning, which I counsel you earnestly to seek after . . . that is your work.

We may look at this Breath and all that it embodies from any viewpoint of the Intellect or the Reason or the Spirit, - all of which are, when understood, one and the same - and in the end all that we can do is to stand in reverence before the Wisdom pent up in the substances, not of my own personal individualized instrument, my body, but before the UNIVERSAL WISDOM, the Sustaining All, that is pent up in the substance of MY WHOLE BODY, this Wide Universe.

We bow our heads in gratitude, and pledge ourselves that, as we have within our command the "means by which" we may aspire, so will we go on with constant watchfulness over our words (guard thy tongue), our thoughts, and our deeds.

I hope that this Commentary will be an inspiration to you this week. I hope that you will feel flowing to you from me as your Teacher and from the Institute waves of Peace and Good Will to all men . . . feel the love and the joy and the gratitude and the peace that we all feel in being indissolubly linked for ever . . . for all time and until time shall be no more. It is a great and ever-widening inspiration to me that Mentalphysics is growing and spreading its Light throughout the world, and I hope that you, too, are doing all that you can to bring all men into the Light. Work, work, work . . . spread the good news. Do all that you can, and I know that in counselling you to do this,- I am offering you advice which, if taken, will prove to be the best advice that can ever be given you ------- for ONLY as we help others can we expect to receive. And we DO receive only AS we give.

Peace be unto you today and all the days . . . YOU ARE WHOLE * PERFECT * STRONG * POWERFUL * LOVING * HARMONIOUS * RICH * YOUNG . . . and YOU ARE HAPPY.

I hope that as a Noble of The Light, you wear your Mentalphysics insignia in your lapel. If you have not already acquired your "pin", write in and ask for it. Also there is a new publication on "The Living Word", now in course of manufacture. It covers affirmations and meditations for a whole year - I feel that it makes an admirable birthday gift.

I leave you in Joy.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Dinsmore

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Sixth Commentary,
Inner Chamber.

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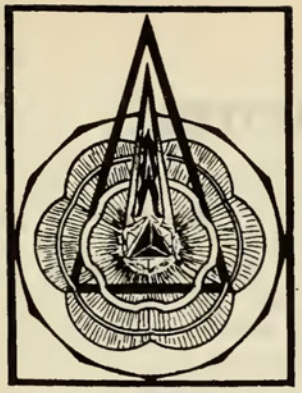

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COMMENTARY **57**

"THE PATH OF PERFECTION" (25): Retrospective; Aspects of Self-Analysis; The Eternal Battle of Life; A Great Dream for Our Beloved Mentalphysics.

BREATHING FOR THE WEEK:

1. Take any Breath that you care to, and engage in it mentally, silently. Do no strictly physical breathing this week, unless you feel a distinct urge to do so.

MEDITATION FOR THE WEEK:

1. "I REST IN THE LORD . . . . I TAKE REFUGE IN PEACE."

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

Since writing your last Commentary, I have been thinking much on the Spiritual Life. There was a time, in far away Tibet, when, knowing less than I do now, I found bliss in the Silent Life. At that time I found peace in trying to absorb from those who knew far more than I knew just what life truly means.

It had taken me many years to discover for myself the pivotal point of right outlook. I had wandered much, ever seeking though ever skeptical, doubting, refusing often to even try to believe; but, like so many others, vainly expecting in some strange manner that knowledge would come to me in some way outside of myself. I have now discovered (and I hope that you have) that Knowledge . . . TRUTH . . . does not come unsought -- we HAVE TO SEEK IT. And as one who for many years has been endeavoring to unlock the sublime centers of Knowledge in my own Being, I have no reason to change my opinion. We have to continually seek, and in our search it sometimes seems that the time will never come when Knowledge will open up in our minds as it seems to open up in the minds of others. We are apt to grow despondent, some even despair and give up - seem to lie down before Life - and prove that their courage after all is sheer cowardice. Speaking for myself, I have to say that never has there been a time when I have made my struggle towards self-betterment but what the reward has been immediate.

THIS SPACE IS FOR YOUR OWN NOTES

(a) Aspects of Self-Analysis.

"If we live after the flesh, ye shall die," said Paul, writing to the Christians at home, "but if ye through the Spirit do mortify the deeds of the body ye shall live . . . for as many as are led by the Spirit of God, they are the sons of God." We nobles of The Light can all say that we know this to be true. When we come to view the body (as we do in Mentalphysics) as the ECHO OF THE SPIRIT, and existing solely and alone to carry out the behests of The Spirit, we see that things of the body do not count for much. WE ARE SPIRITUAL BEINGS. Paul found that to be so . . . for he said: "That which I do, I do not willingly do; for what I wish to do, that I do not do, but that which I hate I do." He found that, early in life, as a result of a lack of knowledge, we fall into the habit of doing things that have to be undone later when we strive towards the building of a spiritual consciousness, as we in Mentalphysics are doing. Later Paul says: "For I do not do the good that I desire to do, and the evil that I do not wish to do, that I do . . . I find then a LAW, that when I desire to do good, evil is present with me; for I delight in the Law of God AFTER THE INWARD MAN, but I see another law in my members, warring against the Law of My Mind, and bringing me into captivity to the law of sin which is in my members. . . . SO THEN WITH THE MIND I MYSELF SERVE THE LAW OF GOD."

No doubt some of us in Mentalphysics see, more often than we wish, this same condition within ourselves . . . but let us Give Thanks that we do. There was a time when we would not have even noticed it. Let us have no Fear!

It is good, first of all, that we do see it; that is something to give thanks for. When we see the evidence of a low nature within ourselves we should not despair, and cry out that we shall never be emancipated to the point where our ideals may fully be realized. When we have sufficient spiritual sight to see this, we supply the evidence that we are going onward and upward . . . that we are leaving behind the old nature, though it is not entirely eradicated. In giving thanks, we should resolve, and we do resolve, that we will press on to the mark of our high calling, that we will through meditation assiduously uproot from our subconscious mind that of which we are ashamed, substituting for it that which is more beautiful and of good report. Training ourselves as we are in Mentalphysics, the time will come when there will be nothing whatever of a negative nature in our consciousness.

(b) The Eternal Battle of Life.

My Beloved, no matter how we may view it, life is a battle ; and it is good that it is so. We must be grateful for the struggle, and to fight the battle heroically and well is the great purpose of every man's existence. To stem the strong currents of adversity, to advance in spite of all obstacles, to snatch victory from the jealous grasp of fortune, to become a chief and a leader among men . . . to rise by eloquence, courage, perseverance, study, energy, activity . . . discouraged by no reverses, impatient of no delays, deterred by no hazards --- that, I say, is to fight well the battle of life.

BUT ***** BE NOT THOU THE WARRIOR.

Speaking personally again, life for me is no longer that life up in the far Himalayas, where one may contemplate the inner mysteries in non-action ; to that I have perhaps not yet attained - I do not know. But life to me today is ACTION, action, action all the time, doing through The Spirit the deeds of life that make me a Master of Doing . . . expressing on all planes of life the divine urges of the Creative Spirit within me.

THIS SPACE IS FOR YOUR OWN NOTES

I would go so far as to say that the highest battle of life for us all in Mentalphysics, and that in which the truest honor and the most real success are to be won, is that which our Intellect and Reason and Moral Sense - our spiritual natures - fight against our selfish appetites and passions - our earthly natures. The subjugation, in other words of the strictly human and selfish in man to the Divine in man, for then we may say that we have discovered the true glories of heroism, the success that entitles us to triumphs. But all this means DOING - Life is measured by what we DO.

BUT ---- BE NOT THOU THE WARRIOR . . . SEEK THOU THE WARRIOR WITHIN THEE! AND LET HIM FIGHT THY BATTLES!

(c) Mentalphysics the Key to Knowledge.

In this battle of life, basing my opinion on a fairly wide observation of human beings, I feel that all that a man can ask for is Happiness and his Heart's Desire, founded in Wisdom. It sounds simple enough - and it IS simple, when we know the Law of Our Being . . . and we can never find happiness (unless it be the bliss that accompanies ignorance) without first acquiring the necessary KNOWLEDGE. When we realize that there are no two human beings alike, we should not be surprised that what is perfect happiness to one is quite another thing to someone else ; and what would satisfy the heart of one human being would bore another to distraction. But THE LAW IS THE SAME FOR ALL.

And the longer I am a Teacher of Mentalphysics, the more do I realize that, if they practise, all men have the key to life in our beloved philosophy. I hope that you who read can exult in Mentalphysics as I can, but it is too much to hope that every Noble of The Light can feel its beauty to the same degree. But, even if you have not yet come to the point of KNOWLEDGE which you recognize as Mastership, I know that you will nevertheless agree with me when I declare that, with the principles and practices of Mentalphysics firmly rooted in the mind, and deeply entrenched in the wisdom that it discloses to us, we can go out, anywhere, at any time, in any circumstances, and BE THE MASTER OF OUR OWN LIVES.

What a glorious feeling this is!

How can we get it over to the masses of the people? Though knowing that they are unconsciously seeking the key to life, many deliberately listen to the exposition of The Truth, and yet quite as deliberately turn their back on that which alone can satisfy them. But we are not to criticize them. They stand at the point of evolution where the cross roads once more demand a choice. They are the doubting Thomases. It is a serious matter for them, but, like Thomas, they must have just that little extra guarantee of the reality of the territory into which they are invited to enter, before they can become real settlers in the new evolutionary world. There are some people whose minds are so closed to spiritual powers that they would not believe though they saw men rise from the dead. How grateful we all should be that we have the secret! I feel that I would like to shout it around the whole wide world - my gratitude for the knowledge that "WHATEVER THE CREATOR IS, I AM."

And, My Beloved, all that we can do is to go on, confident, radiantly happy in service to mankind, giving all and expecting naught in return, growing, expanding, . . closer each day to the Grand Realization and the final Illumination that leads to emancipation and enlightenment.

(d) Let Us Dream Our Dreams

As we all feel grateful, we all have our visions, and we dream our dreams. I have mine - you have yours . . . dreams of the Heaven on earth that life will grow into

THIS SPACE IS FOR YOUR OWN NOTES

when all men and women know even the little that we now know. Sometimes our dreams are so surpassingly beautiful that we seem to go away into them . . . away from the ordinary habitat of man, away to our Dream City . . . a Dream City that shall be a permanent place where Mentalphysics principles and practices guide the life and daily conduct and labors of all of us who have learned the Art of Living.

Dreaming? . . Yes, just dreaming. But if you will go back over your own life you will remember that the things you began to dream about, . . that you first saw in your mind only perhaps as the "impossible", . . have gradually begun to take shape and tangible reality -- and later they will come into full fruition in your life, surpassing your own beliefs.

The Dreamers are the Saviors of the world. They stand apart from others. As the visible world is sustained in the invisible, so the masses of man, through all their trials and sordid vocations in our present civilization are sustained by the beautiful visions of the solitary dreamers of the world. Humanity should not forget its dreamers - yet, while it crucifies them, it vaguely understands that it cannot let their ideals fade and die. Humanity lives in its dreamers - in its composers, sculptors, painters, poets, sages, engineers, prophets, teachers . . . ALL THESE ARE ARCHITECTS OF THE WORLD THAT IS TO BE, the architects of a Heaven on earth.

-- AND, MY BELOVED, WHY CANNOT WE IN MENTALPHYSICS BE THE DREAMERS OF OUR PERFECT CITY, WHERE THE TENETS OF OUR PHILOSOPHY SHALL FIRE THE IMAGINATION OF COUNTLESS NUMBERS OF MEN AND WOMEN AS IT HAS FIRED OUR OWN - YOURS AND MINE. I CAN SEE OUR ORPHANAGES AND SCHOOLS, OUR HOMES FOR THE AGED . . . WHY CANNOT WE BEGIN NOW WITH OUR FIRST ORPHANAGE - THERE ARE MANY FATHERLESS AND MOTHERLESS CHILDREN WAITING FOR US TO DO OUR PART . . . AND IT WILL COME AT THE RIGHT TIME.

-- UNTIL THAT TIME WE MUST BUILD THE CITY THAT IS NOT MADE WITH HANDS, LIVING IN THAT CITY AND SO ACCUSTOMING OURSELVES TO IT THAT WHEN WE ARE GROWN WE SHALL ERECT THE IDEAL CITY OF THE WORLD - AND AFTER THE FIRST, THEN MANY MORE . . . TRUE MENTALPHYSICS CITIES!

That is my Dream! As I can think of the Kingdom of Heaven within me, so I can think of a city, and many cities, outside us and round about us where Truth and Beauty and Fair-play and Love shall form the square upon which we may build one city and then another, and so on without end.

Think on these things . . that is your work and mine! May the Light of the Divine Wisdom that is in us so inspire us that we may never grow weary in well-doing - for that is the first and final step . . to live for others, knowing The Law.

My Peace I send to you all ways and always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Seventh Commentary,
Inner Chamber.

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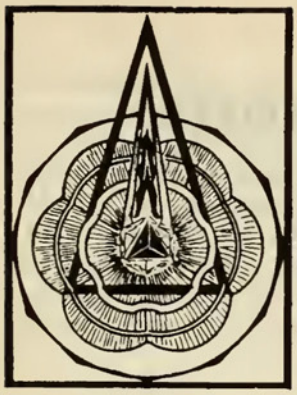

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COMMENTARY **58**

"THE PATH OF PERFECTION" (26): The Cleansing Breath (1); Diligent Search for the Secret Only a Matter of Faithful Practice; Reading the Aura.

BREATHING FOR THE WEEK :

1. Go back to your Cleansing Breath and see whether you have thoroughly mastered the physical breath. You have the illustrations in your sheets that accompany the Lessons in the Initiate Group Course.

2. Breathe this Breath three times before breakfast - three times at noon, if possible - three times before your evening meal.

   (I invite you to THINK about the Affirmation at the end of the Breath, to see whether you have not only memorized it, but to see whether you understand it.)

MEDITATIONS FOR THE WEEK :

"THE LIGHT OF THE DIVINE WISDOM SHINES THROUGH ME. . . . I AM LIGHT . . . I TAKE REFUGE IN THE LIGHT."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Speech (as we have already learned in our study of Right Speech) is the chief revelation of the mind, the first visible form that it takes. As the thought so the speech. To better one's life in the way of simplicity, as we Nobles of The Light know, we must set a watch upon our lips and our pen. We must think justly, speak frankly. We should all aim at grace and elegance of speech. Though ever conscious of his shortcomings in this respect, your Teacher feels that one cannot say too well what he has to say, but when we understand the flow of The Spirit through speech, we see that it does not follow that the things best said and best written are most studied.

You will have noticed that the greatest things are those which gain the most by being said most simply, since thus they show themselves for what they are - there is nothing so strong, nothing so persuasive as simplicity.

THIS SPACE IS FOR YOUR OWN NOTES

I confess that my principal difficulty in writing your Commentaries on our various sacred Breaths in Mentalphysics is in condensation and right explanation in words. I could write three times the number of words about each of them; but, no matter what I write, unless the Noble is aware of THE THING THAT IS BEING DESCRIBED, little can be gained. It is YOUR work to seek for the meaning that is contained in these simple messages - simple, and yet dealing with the most profound secrets of Life. YOUR work, as these Commentaries come to you with the story of the ideal of Mastership, is to kindle the enthusiasm necessary to the realization that the sacred flame of Truth is burning within you.

(a) Your Beautiful Cleansing Breath.

We have now come to the CLEANSING BREATH - Cleansing, quite a simple word, but charged with meaning that staggers the mind and makes us bow our heads in reverent gratitude to the Power that enables us to think the great thoughts embodied in the key to our practice.

Following on the ideas pursued in all the previous Commentaries, we find that the "MELTING" and the "MIXING" are things accomplished. We have succeeded in learning. We can circulate The Light. We can "Melt" and "Mix" the sacred substances, and can do with the molten metal of the Elixir whatever we desire to do, so perfect have been our study and practice. We know no disease - no pain - no disturbance - no disbalance. WE HAVE COME TO THE PERFECT BALANCE. . . through the perfect use of the Perfect Light that perfectly lighteth the hearts and the minds in all ages everywhere.

Again let me advise you to go back to the Cleansing Breath as you studied and practised it in the Initiate Group Course. BE SURE THAT YOU HAVE THE AFFIRMATION FIRMLY IN YOUR MIND.

In your Cleansing Breath you march forward, from the center of centers - apparently outward to the furthermost circumference, onward through your own personal light, onward to the first radiations of the First Outer Light in our Grand Rejuvenation Breath, which follows this. . . . onward, upward, outward, yet outward through the inner processes of Our Own Spiritual Breath.

I mean this :

(a) That in the Cleansing Breath, as we search for the heat at the base of the spine, and watch so that we find "The Light that comes from the Flame that comes from the Fire that gives the Heat (of Life)," we are conscious of The Light coming from the Inmost Center . . . radiating up through the spine outward, outward -- and when we cannot stand it any more we think of the top of the head. The Light permeates us, and we are conscious of its upward movement.

(b) Then in the fullness of this feeling of The Light, we prepare ourselves for the first radiations of the all-pervading Light which we feel - thrillingly, overwhelmingly in our Grand Rejuvenation Breath. In this latter Breath we are conscious of all the Light of Life flowing through our physical bodies, giving us strength and power and vigor and inspiration to DO our full duty to ourselves and to our fellow men.

(c) Then, finally, in Our Own Spiritual Breath, there comes a totally different feeling, in which we lose ourselves in the Universal Light -- sending it out to Every Living Thing, and knowing that, by that mystic Fourfold Law, it returns to us from Every Living Thing.

THIS SPACE IS FOR YOUR OWN NOTES

(Think on these three Breaths and meditate upon them, and you will be shown the secret of the final ascension of The Light, the true conception of the transcending meaning of those simple words, "MY WHOLE BODY".)

(b) Search Diligently for the Secret.

You know all about the physical part of the Cleansing Breath - analyze the details carefully in your own mind for a moment. Then think of the teaching you have received for the reading of your own aura, your own Light. Possibly you have experimented - you have been aware of lights of different kinds, either through definite feeling through your finger tips, or through the Inner Eye that first began to see the simple light within you, and you could then follow it outwards, so that in time ALL became Light, and you were in the center.

NOTE - THESE WORDS MEAN EXACTLY WHAT THEY SAY. YOU SHOULD BE ABLE TO SEE LIGHT WHENEVER YOU WISH. IF YOU HAVE NOT DEVELOPED TO THIS POINT, HERE IS AN EXERCISE WHICH MAY HELP YOU:

(a) Sit in the sevenfold position, and see that the load of the body is being taken evenly by every vertebrae in the spine. Experiment, and BE SURE that your spine is straight.

(b) Then, with the arms bent, and the upper arm away from the body (not touching the body), place your finger tips together, so that they gently touch. You hold your hands, so that the fingers are bent, not straight, and the fingers about four or five inches in front of the chest.

(c) Then you think of the finger tips, closing the eyes, and imagining that you are bringing them very near, the fingers of the right hand nearly touching the fingers of the left hand - and you FEEL very fine in the experiment.

(d) Watching with your FEELINGS, you will find that the fingers begin to move. You should feel a gentle tingling at the finger tips, and the hands should then, through the power that you are developing, begin involuntarily to move backwards and forwards to the magnetism that you feel in your finger tips.

(e) When you are successful with this experiment, you will find that your body thrills all over, and there will be lights at various inward points. Your duty is to watch, and when you feel the Light, so register it in the mind that you will be able, through your imagination, to bring it back at any time.

(c) All a Matter of Faithful Practice.

Therefore, if, having practised this Cleansing Breath faithfully and not having been able to see the Light, the above exercise will help you to do so. We will not make any comment upon the physical side of the Cleansing Breath as you have already been taught, and I hope that you have practised it so well that you have discovered the Light and can with ease switch it on whenever you desire to do so. I mean with the same assurance as you place your right hand over your left hand and know that you are doing it.

THIS SPACE IS FOR YOUR OWN NOTES

If you have practised you have experienced magnetic radiations - or auric rays - from the sides of the head, the ears, the nose, the lips, the shoulders, the toes, the finger tips especially and from other parts of the body. If you can in what we call in Mentalphysics "complete the circuit", then you will know what I mean. These auric rays may have struck you as being the auric atmosphere, "leaking" out through you at various points. You may have found that the auric rays from the index finger of the right hand, emanating to the index finger of the left hand, coalesce with one another in a way that is definitely known to you ; these rays follow the law of polarities - unlike poles attract each other, while like poles repel each other.

If you have practised, you have found that the index finger of the right hand, when placed opposite and near to the index finger of the left hand, give a different feeling, and you should register this feeling. Then experiment with your other fingers, and so teach yourself the fineness of your own feeling in this way. It is practice that will teach you, and the most simple experiment leads us on, if we are patient, to the true understanding of the auric rays of the body as a whole - to the wider understanding of the auric rays of "My WHOLE BODY", this wide universe.

I have found that the best way to begin to "read the aura" is to cultivate seeing auric rays from the fingers - with the physical eye.

If you will practise in a dark place, you will see what I mean. But the best way of all is to read the aura with the Inner Eye. We may read the aura of a person through the feeling life of us. Man has devised delicate instruments that record the emanations of Light that come from the physical body, these emanations of Light varying, of course, according to the quality of Thought. This idea could be dealt with almost to an infinite extent, but let it suffice for me here to say that we in Mentalphysics, through the technique of our practice, in a manner that we can absolutely depend upon, do the same thing in our way that the scientist does with his instrument.

Therefore, My Beloved, practise - and again practise!

I hope that this week will be a week of great joy for you. If you do not at once succeed, try, try, try again. It is the most glorious thing to be able to induce and see and analyze The Light. We have but to learn what it FEELS like to be able to bring it into consciousness at any moment . . . . and then you can see that all our troubles automatically vanish. If you are able, when the darkness of doubt or despair fall upon you, to turn on The Light, then all darkness must flee away --- and we are left radiant and full of joy and light and love. It is the great secret, and in a very real sense it is the only secret. Persevere, then, Candidate! Be not easily dispirited. All is well. The best is always yet to be. The Dawn is at hand. Practise in the Light of the New Dawn.

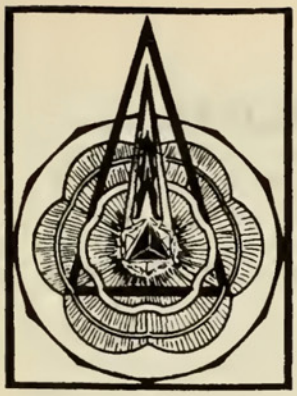
My peace I send to you - you are whole - perfect - strong - powerful - loving - harmonious - rich - young, and YOU ARE HAPPY. Let us Give Thanks. Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Eighth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **59**

"THE PATH OF PERFECTION" (27): The Cleansing Breath (2): Advice on This Wonderful Knowledge; Truth Comes From Within.

BREATHING FOR THE WEEK:

1. Same as in your Fifty-Eighth Commentary, giving special attention to your Affirmation following the Breath.

2. Analyze the words, so that you are SURE that you know what they mean - then

   (a) See what you feel as a result of studying the Affirmation.

   (b) FEEL what you SEE as a result of studying the Affirmation.

MEDITATION FOR THE WEEK:

1. Same as in your Fifty-Eighth Commentary.

2. As you meditate upon "THE LIGHT OF THE DIVINE WISDOM SHINES THROUGH ME", be slow in going into the abstraction, watching the processes of your own mind as you REALIZE the Light. Then, by the time you get to the final sentence in the meditation ("I Take Refuge in The Light") feel the TRUTH of this, and know that you feel yourself ACTUALLY losing yourself in The Light.

3. Make this quite REAL, as you have never before.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I hope that you will be able to make this week a week of much experimenting in your work. Consider carefully your Fifty-Eighth Commentary together with this Commentary. Study both Commentaries very hard. There is much in each of them.

THIS SPACE IS FOR YOUR OWN NOTES

They deal with the CLEANSING BREATH -- well, first, WHY is this Breath called the CLEANSING Breath? The reason is precisely this : that when we can read with clarity and without any possibility of doubt the LIGHT that is in us, then (knowing through previous Breaths how to USE the Light), we cleanse the physical body so perfectly as to consciously know it to be a fitting instrument for us to go on further . . . and know it to be MY WHOLE BODY . . . losing, losing the physical body into the spiritual body as the dewdrop loses itself in the ocean.

You are right now at a most important stage in Mentalphysics. Be faithful, Candidate - for you may gain great knowledge if you are faithful but may miss much if you are indifferent. May you gain inspiration to be faithful and not lazy in your search.

(a) First Aspect of Cleansing Breath.

I have said that "when we can read with clarity and without any possibility of doubt the Light that is in us, then (knowing through previous Breaths how to USE the Light), we cleanse the physical body so perfectly as to enable us consciously to know it to be a fitting instrument for us to go on further . . . and know it to be MY WHOLE BODY . . . losing, losing the physical body into the spiritual body, as the dewdrop loses itself in the ocean." I cannot put this meaning in any other words, and you must let the Light of you shine upon them that they may give you their true meaning.

You will remember that in the Initiate Group Course (and in the early classes conducted by Ding Le Mei) we used this Breath, teaching us to enable us to rid the body of physical uncleanliness; and allowed it to deal with the purification of the constantly changing substances of the physical organism. This was necessary, for we could not possibly hope to go forward to the Mountain of Man's Highest Hope of the THING ITSELF unless we had first begun and completed our journey through the Sphere of Illusion.

Later, the Cleansing Breath took on a different aspect, for we came to see that we can read the aura through this Breath. In this respect, it is interesting to see what progress science in the Western world is making towards what we are learning, and which has been known to the ancients for centuries. The American Chemical Society (according to a message from Kansas City on April 12, 1936) reports the "discovery of previously unknown electrical charges in the human body, showing that the 'spark of Life' is essentially something electrical." This "discovery" was made at the Harvard Medical School, and it "fits significantly into other recent revelations of science that include thought and emotions in a network of electrical phenomena which appear to underlie body chemistry and structure of living matter." The report then went on to state that the newly found electrical charges are the giant protein molecules, the body's so-called "building blocks", hitherto considered electrically neutral.

> "In effect," continued the report, and this is important to note, "the Harvard men discovered billions of molecule-size dynamos which exist in every human being. . . . When such an electric magnetic molecule moves, it is just like the armature of a dynamo - it produces electric current which flows, in this case, to other tissues of the body."

(b) Reading About Not Necessarily Truth.

It is all very wonderful to read about these things, and there is not the slightest doubt that Western science will ultimately discover the EFFECTS of all the forces of life. But we learn from the CAUSE, and the CAUSE is WITHIN US.

THIS SPACE IS FOR YOUR OWN NOTES

While on this subject I will quote from that great columnist, Arthur Brisbane, who writes prolifically. In one of his recent columns, speaking about the value of the human heart, he wrote:

> "A woman's heart beats faster than a man's, on the average; a child's heart faster than either. The human heartbeat varies, normally, between fifty and eighty-five, with exceptions at either end. The canary's heart beats one thousand times a minute. Cattle have a heartbeat between forty and fifty.
>
> "Doctor Benedict of Carnegie laboratories finds that the adult elephant's heart beats from twenty-two to thirty times a minute, less than half the human heartbeat, and the elephant's heartbeat is nine strokes faster when the animal is lying down.
>
> "You are interested in your heart. Life starts when it starts beating, ends with its last beat. The most wonderful of all your mechanical possessions, it starts long before your birth, survives incredible hardship, and the most important food that it carries through the blood, to the hungry hundreds of billions of cells in your body, is OXYGEN. So, get plenty of fresh air, and breathe deep, from the bottom to the top of your lungs.
>
> "Twenty deep breaths will reduce the beat of a tired heart by ten strokes to the minute, easing the load. Try it. In your brain alone, Doctor Carrel tells you, are thirty thousand million separate cells and each requires fresh oxygen, from the blood, at least once every second. You are, indeed, as the Bible says, 'Fearfully and wonderfully made'."

(c) Truth Comes From Search Within.

All extremely interesting, but if we do not learn HOW TO STRENGTHEN THE HEART all the reading ABOUT IT will do us no good whatever - indeed, may do us positive harm.

Now, we Nobles of The Light have to some extent completed our Journey through the Sphere of Illusion, through the miasma of the outer darkness, and have come to know beyond dispute that we have at our command and may use it when we will a power that enables us not alone to cleanse our physical bodies, but our mental body and all the higher bodies --- that enables us to come into the REALIZATION of what we truly ARE. We through practice come from the outer circumference into the inmost Holy of Holies: then, seemingly losing ourselves in our own purification, we turn again outward to realize that MY WHOLE BODY is infinitely more than this changing physical organism, but that it is to be found two steps further along when we consider Your Own Holy Spiritual Breath.

In the "CLEANSING" Breath, then, having passed into the understanding of the "MELTING" we rest upon the wings of time and analyze the FIRE that melts the substances -- and that is what Western science is trying to do objectively, and will never thoroughly find the way . . . for the Kingdom of Heaven is WITHIN YOU (and nowhere else), and <u>EACH MUST FIND IT FOR HIMSELF</u>.

In our next Commentary we shall lead on the review of the processes we have so far entered upon, for the Cleansing Breath is the Breath of the true analysis. Western

THIS SPACE IS FOR YOUR OWN NOTES

science is trying to analyze objectively that which is beyond all analysis . . . and the only way we can hope to come to know is by seeking within. In this way we try to probe that which cannot be probed, for the more we push our idea objectively the more do we find ourselves subjectively lost in the Idea Itself and absorbed by it - just as the physicist, pushing his experiments further and further, knows that he must come to the time when his investigations will be pushed into the realm of mentalphysics . . . from the unknown to the known, from the real to the false, from the false to the real, according to the point of view of the investigator but we in Mentalphysics know that the true enduring Reality is hidden. Therefore, my Beloved, pursue your own investigations into the realm of the real, into the realm of the Golden Silence, where the Golden Flower blooms peacefully, where all is lit by the silent glow of the Ineffable Golden Light.

Be Happy this week. We are in possession of a great secret. It is all being unfolded for us. We must be patient and faint not by the way. We must be strong and full of hope and give thanks for every tittle of evidence that we gain of greater knowledge.

Do all that you can to Spread the Light by getting more students. If you are interested in Teaching Mentalphysics write personally to me, and I shall be glad to see whether you are ready for it -- we are ALL ready for what we can do in life. . . but so few of us really TRY to do what we can.

My peace I send constantly to you. You are THAT. Give thanks.

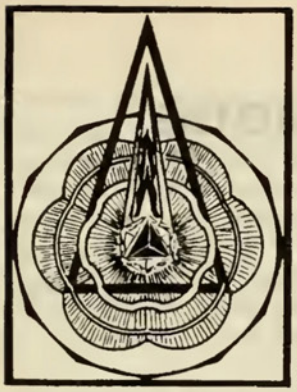
Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Dino Lentini

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Ninth Commentary,
Inher Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



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The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **60**

"THE PATH OF PERFECTION" (28): The Cleansing Breath (3): The Justice of God: Advice on Reading the Aura: Be Happy—Give Thanks!

BREATHING FOR THE WEEK :

1. Same as in your Fifty-eighth Commentary, bearing in mind what you were instructed in your Fifty-Ninth Commentary, and considering the following words (three distinct sentences), so that you are SURE that you know what they mean --

   (a) SEE what you FEEL as a result of studying the Affirmation

   (b) FEEL what you SEE

   (c) DO what you FEEL.

   (I ask you to think about this, because the Noble Secret is to see rightly - to feel rightly - and to do rightly, to which I shall refer in the present Commentary.)

MEDITATION FOR THE WEEK :

Same as in your Fifty-Ninth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary, I remarked that "in the Cleansing Breath, having passed into the understanding of the 'MELTING', we rest upon the wings of time and analyze the FIRE that melts the substances." Now, in an analysis of anything, we pass from the idea of the thing to the thing itself - let us say that in a very real sense we become that thing. What do I mean?

I mean this. Some time ago I was up in the High Sierras, stretched out in the snow, gazing in rapture at Mt. Whitney, which, as you know is a very

THIS SPACE IS FOR YOUR OWN NOTES

beautiful mountain, and one of the highest points in California. That beautiful mountain, glistening in the sun, so fascinated me that I lay there enthralled. I seemed so to lose myself in that mountain that I found myself asking myself - "Where is that mountain . . . where am I ? . . . Who am I? . . and what is that mountain?" I had so entered into that mountain that it had become a part of me and I had become a part of it. I SAW the great giant before me, and I felt that I saw it. But I went further : I began to feel it in me . . it became so real to me that I felt that it was actually WITHIN ME. (Think of this, and you will see what I mean when I advise you to "See what you feel," and "Feel what you see.")

To love is very beautiful, but to know why we love and so cement the love with a knowledge of the love is better.

(a) Apropos the Fire.

To be able to enjoy the warmth of a fire gives us a very grateful feeling - and perhaps is all that is necessary - but when the fire begins to die down it is useful to know how to stoke it up again and thus continue to enjoy its warmth, "Fanning the flame." I cannot emphasize too much that in our Cleansing Breath we go from the effect of the FIRE, which we have discovered and made real, to the FIRE ITSELF. We analyze. We experiment. Our experimental field is within ourselves, for the Fire is there, in the center of the center of the center of Ourselves. We know it to be the ONLY Fire. We desire to understand the Fire as perfectly, if possible, as we can understand its effects within us; and so we start out with courage in our hearts to make our analysis.

WE START WITH READING THE AURA, SO CALLED.
WE GO DEEPER AND DEEPER.
WE SEE THE LIGHT THAT COMES FROM THE FLAME.
WE DISCOVER THAT THE FLAME COMES FROM THE FIRE.
WE PRACTISE SO THAT WE CAN PENETRATE THE VERY FLAME ITSELF,
THOUGH AT FIRST THE LIGHT SEEMS BLINDING.

After much seeking we find ourselves penetrating to the very center where the Fire dwells. . . only to find that we are consumed by it . . we are lost in it . . the substance of us is dissolved, dispelled, brought to nothingness, but, thanks be, we find that all that we have lost is the APPEARANCE, for the REALITY remains. The fire raged and roared, and for a time we were sore afraid ; but, through practice, we come to know that there is nothing to fear, for the fire consumed our fear . . . WE COME TO SEE THAT THERE WAS (AND IS) ONLY TRUTH, and that ALL FALSITY AND FALSEHOOD, and PAIN and EVIL and all the qualities of darkness were merely lesser qualities of Light, and that when we came into the VERY LIGHT OF THE FIRE, all negation left us, and we found ourselves to be resting - charged with knowledge and unafraid of aught that seemed to be embodied in this Appearance that most men call Life - IN THE VERY FIRE ITSELF.

This may be repetition, but it is important for us to grasp the inner truth of it all.

(b) The Justice of God.

Our beautiful Cleansing Breath teaches us THE JUSTICE OF GOD, the only thing that we have to learn . . . that GOD IS JUST.

IF WE SEE RIGHTLY, seeing Good (God) in every living thing and in all emanations from Every Living Thing, then all darkness simply is not. Negation disappears (does not appear). Fear, Doubt, Disappointment, Death do not come into consciousness.

THIS SPACE IS FOR YOUR OWN NOTES

IF WE FEEL WHAT WE SEE, we "lose" ourselves in the thing (in the Good) that we see.

IF WE DO WHAT WE FEEL - then comes the glorious consummation of all, and our lives conform to the JUSTICE of Life ITSELF.

Let us grasp this bedrock principle. It is not of OUR creation - it belongs to the immutable Law of Life . . it IS the LAW. Everything that we send out belongs to us - of all possessions they are the most tangible. And because we can send out into the universal only that which we SEE, that which we see we become, for (as we Know) what we send out alone can come back to us. That which belongs to us and has been sent out by us, must come back to us because we are the owners.

Let us never forget that

> Every Evil planning, conniving, plotting, unclean thought must come back to us. How? Well, it may come as bodily illness, or as a business failure, or as a nervous breakdown, or as melancholia. IT MAY COME BACK IN A MYRIAD DIFFERENT WAYS. . .BUT IT RETURNS.

This applies, of course, not only to the evil things of thought, but applies also to the good things. When we send out anything that is pure and good and helpful to every living thing, then what a harvest must come back to us!!

> (THEN, STOP FOR A LITTLE WHILE AND THINK OF YOUR MEDITATION FOR THIS WEEK, AND LET YOUR MIND DWELL UPON THE INTERRELATION BETWEEN THE THREE WORDS - SEE, FEEL AND DO.)

The CLEANSING BREATH is preeminently the Breath that causes us to rightly SEE - and FEEL . . . and we should by this time have developed enough good sense to rightly DO. With this trinity of Seeing, Feeling and Doing established, what a future awaits us in our Grand Rejuvenation Breath, which follows . . for we have now learned balance ; we have nothing more to learn, so that there is naught but YOUTH for us in this life . . . we come into a practical knowledge of the immortality of life which men talk about yet know little of. When we look and really see the way indicated in our Cleansing Breath, the wonders of the opening and the shutting of the Gates of Heaven will be inexhaustible.

(c) Be Happy - Give Thanks.

And now, again - perhaps for the millionth time - I exhort us all who are Nobles of The Light, to Be Happy and Give Thanks. To give thanks is the Fire of the Wise, for it is the true instrument which works for the sublimation of our whole life. To give thanks is the secret Fire of the philosopher, leading him on to the dissolution of all doubt. The longer we practise what we are learning in Mentalphysics, particularly the two great positive laws of Giving Thanks and Feeling Happy, the more shall we be able to recognize the Secret Key to life and understand ALL philosophy . . . . indeed, all written material upon occult philosophy, cloaked in strange phrases for the most part, will be made quite clear to us. If you are interested in Hermetic philosophy, for example, when you next read anything relating to it, try to see where the ancient alchemist is leading you . . . you will find that Giving Thanks and Feeling Happy are his two rare gifts from heaven that enable him to enter into the Conversion of the Elements. In Yoga, in all its ramifications, it is just the same. The deified "justice" of Confucius is the same - giving to every living thing. So with the sublime teaching of the Buddha.

THIS SPACE IS FOR YOUR OWN NOTES

In the Kingdom, the search for True Knowledge is the highest blessing of the Adept. In Mentalphysics we are all on our way to adeptship, to reach the faultless life, and our philosophy shows us how. Mentalphysics is radiant with a divine beauty. Through it we are coming to know the mystery of the Balance of Life, the Secret of the Universal Equilibrium. All of us can now come to the Equilibrium of the Deity - between the Infinite Divine Wisdom and the Infinite Divine Power, from which result the stability of the Universe, the unchangeableness of the Divine Law, and the Principles of Truth, Justice and Beauty and the obligation of Divine Law upon all men. We come to know the equilibrium of the Divine Mercy . . of Divine Equity . . . and the Harmony of the Universe. We come to know, as Adepts, of the EQUILIBRIUM that is possible in ourselves between the Spiritual and the Divine, and the Material and the Human, in Man . . . AND THIS IS ALL EMBRACED BY A KNOWLEDGE OF THE LAW OF OUR OWN BEING.

"Enter The Path! There spring the Healing Streams quenching all thirst. There bloom the immortal flowers carpeting all the way with Joy! There throng swiftest and sweetest hours."

Kill not - for Pity's sake - lest ye slay
The meanest thing upon its upward way.

Give freely and receive, but take from none
By greed, or force, or fraud, what is his own.

Bear not false witness, slander not, nor lie ;
Truth is the speech of inward purity.

I embrace you in Love . . . and Joy . . . and Youth . . . and Law.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixtieth Commentary.
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

61

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (1)

NOTE: It is only at this stage of our study of Mentalphysics that we can say we are truly beginning to learn. Have patience, Candidate. We are now to enter upon a study of the actual Realization of Rejuvenation, of Regeneration, . . . of IMMORTALITY. Properly equipped with what you have already studied and practised, your immediate future is indescribably hopeful. Therefore, I counsel you to weary not - have courage - have patience - be happy - DO THE WORK and you will know The Truth.

BREATHING FOR THE WEEK :

(1) Go back to Your Own Rejuvenation Breath, and practise it three times during each day. THINK what you are doing. You may breathe it physically, or you may breathe it mentally, but whatever you do THINK what Rejuvenation really means in the light of what you have so far learned. Youth - Never-changing Youth - Everlasting Youth - Immortal Youth . . . IMMORTALITY ---- what do these words MEAN? THINK THEM THROUGH.

MEDITATION FOR THE WEEK:

"I AM YOUTH . . . YOUTH . . . YOUTH."
(Contemplate YOUTH in its essence . . . and endeavor in all that you do and say and think and feel to KNOW YOUTH in the sense that you EXPRESS YOUTH.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

We have now come to the crowning hope of Mentalphysics. In commencing a consideration of Our Grand Rejuvenation Breath, we veritably Face the Light. We are inspired by what we have already accomplished for ourselves in Mentalphysics, and stand at the height of belief and hope and inspiration. We are IMMORTAL . .

THIS SPACE IS FOR YOUR OWN NOTES

immortal NOW . . . right HERE. It is for us to demonstrate it. What a future is ours!
The information that we have gathered through our study compels us to at all events BELIEVE that "Man has the power and the ability to live as long as he desires to live." Intellectually we can believe this, and the picture that our mind brings to us is the possibility of Immortality here and now . . . and we can even if we do not FULLY FEEL that we shall live for ever, declare that there is no need for death and passing of the physical body.

(a) The Vice of Skepticism.

Now, we either BELIEVE this, or we do not ; if we say that we believe it, that is the first step towards its realization. We recognize that what one man has done another million men can do, . . . when they know the way. We do not know of any human being who has lived for ever, but there is abundant evidence of what human beings HAVE DONE to make us believe that, when man knows the way, he will successfully defy the grave and pass onto a higher expression when he wishes and wills to do so. Of ALL people on earth, we in Mentalphysics must not fool ourselves. It is either true or not true. If true, we can - through the methods of our beloved philosophy - learn HOW to do it. If it is not true, what is the use of bothering about it at all?

The greatest vice of humanity is skepticism. It is said that a majority of the people of the world are gullible and believe anything that is told to them. Beliefs never hurt anybody with a sincere conviction, even when wrong, for we progress through believing and learning through error. It is disbelief that is a sin, and of all the vices from which mortals suffer, the worst and most general - is skepticism. Even when proof is offered to a skeptic he refuses to accept it.

Now, My Beloved, we are dealing with a question that is VITAL - CAN we extend the span of our lives? Can we live as long as we desire to live? Has the human being the power of Immortality? IS the human being the Creator, God, in Human form with all the attributes of God?

In Mentalphysics we claim that man dies because he prepares himself for death as an inevitable happening in an uncertain future, and thus, through the training of the Subconscious Mind, spends his life in calculating upon its certainty through debility or disease. Man thinks himself into eventual collapse. He knows, often, that life IS . . Everlasting, Unchanging . . life is always young, abundant, flowing unceasingly, yet he dies. And lest we Nobles of The Light should still have a hankering fear of death, we must get THE TRUTH. I categorically declare that when we remove the idea of death from human consciousness, we shall live as long as we desire, and mankind will then truly come into its own . . . boundless possibilities for man are in the immediate future, when once the idea of death is removed from his consciousness.

(b) Make Your Own Investigation.

We should do all that we can to become convinced of the possibility of living to a great age. Every bit of evidence that comes our way should be carefully considered. To KNOW HOW to live is, as we have found out, a profound and subtle science, and it is obvious that no other subject of equal importance as longevity can be presented for our consideration. In our consideration of the question of longevity, I as your Teacher must assume that you DO FEEL THE POSSIBILITY OF LIVING AS LONG AS YOU DESIRE TO LIVE.

THIS SPACE IS FOR YOUR OWN NOTES

That people HAVE lived to great age, and ARE LIVING to great age is beyond all question. Just before writing this I read of a man who died in Casablanca at the age of 140. A United Press message from Edmonton, Alta., dated April 24, 1936, speaks of Jean Baptiste Lapointe, a well-known guide and hunter in the early days of the Hudson Bay Company, who died at the age of 130.

If you have access to a public library, I would advise you also to read an article in Scribner's Monthly for November, 1875 (p. 33), entitled "Curiosities of Longevity", which is a masterly resume of the subject. I ask you to read this, or anything else that you can find, for the reason that the knowledge of the means by which life may be prolonged, as we learn in Mentalphysics, is what we must all seek ; and yet those very means are taboo to a great many people. They hope for longevity, but they doubt even when reasonably authenticated stories of longevity are brought to their notice. To live long is the most practical boon of God, far beyond the limit which experience has declared for the race.

In this Commentary I quote freely from the article in Scribner's Monthly, above referred to. Authorities on vital statistics, such as Lord Bacon, Flourens, Hufeland, Buffon and others, have contributed valuable information on the subject ; yet their pages read like an Eastern romance, so interwoven do we find valuable counsel and superstitious belief. Lord Bacon thought that "some art for prolonging life was known to the ancients, and, having been lost, is recoverable" . . . we KNOW it is recoverable, and we have the means at hand in our beloved Science. A writer in the Encyclopedia Britannica has suggested that the antediluvians restored their vital powers "by occasionally partaking of the 'Tree of Life', as the Homeric gods fed on ambrosia."

(c) The Three Early Periods.

Buffon was of the opinion that in early times the earth was less solid and compact than it now is, and that gravitation only partially operated ; there was, therefore, not the same limit to man's increase of stature, and the consequent postponement of the period of maturity led to a postponement of the period of decay ; as men were longer growing they had also longer to be alive. These were the times referred to in Genesis, vi., 4 : "There were giants on earth in those days."

Then there have been those who have written about the "Three Ages of the World".

The First Period - When the world was to be peopled by one man and one woman, extended from the Creation to the Flood, when men lived to be nine hundred and beyond.

The Second Period - From the Flood to the death of Abraham, which witnessed a great reduction in man's age, and Shem appears as the extreme type - he lived six hundred years.

The Third Period - This followed the death of Abraham, and reached to the days of the Psalmist, but, says the writer in Scribner's, "notwithstanding the authority of the 19th Psalm has been made the rule since the period referred to, there have been credulous ones who, a few hundred years ago, readily accepted the statement that men and women, during the latest years of the Christian era, had reached three hundred years" ; and a Portuguese author had the hardihood to tell of a native of Bengal, Numas de Cugna by name, who died in 1566 at the incredible age of 370.

THIS SPACE IS FOR YOUR OWN NOTES

You will notice in all that you read about longevity that, though evidence of old age is quite common, most writers endeavor to discredit significant instances of old age. Lord Bacon, quoting from Pliny, says : "There was a taxing by Vespasian of all the people, from which it appears that in the part of Italy lying between the Appenines and the River Po, there were found fifty-four people 100 years old ; fifty-seven 110 years ; two 120 ; four 130 ; and three 140". . . Now leave sunny Italy and go to inclement Norway. An enumeration of the inhabitants of Aggerhus, in Norway, in 1763, showed that

> "150 couples had been married over 80 years - consequently the greater number were aged 100 or more ; 70 couples had been married over 90 years, which would place their ages at about 110 ; twelve couples had been married from 100 to 105 and another couple 110 years so that this last couple were doubtless 130 years."

The opinion has generally obtained that extreme age is to be looked for in the wide open country where the rich warm sunlight shines without restraint rather than in the narrow, foul and turbulent cities. Yet,

> "Mark the two following cases: MARY BURK, aged 105, living in Drury Lane, London, and ANN BRESTOW, aged 102, living in Culbeck in the north of England, died in 1879. A great contrast is here shown, for both obtained great age, but one lived in squalid poverty in one of the vilest haunts of London, while the other belonged to the Society of Friends and abode in the healthy region of the Cumberland Lakes."

I shall be dealing with much more evidence on this subject in the next Commentary. I ask you this week to consider whether you are determined to greatly extend the span of your own life. The high longevity of females, as compared with males, in civilized communities is well established, notwithstanding many are of the poorer class, exposed through the early and middle portions of their lives to all the sorrows and dangers of maternity. One Prussian authority (Hufeland) remarks: "Not only women live longer than men, but married women longer than single, in the proportion of two to one." Statistics show that more women than men reach the age of 115 years but beyond that age more men are found. A remarkable case of longevity is that of Mary Prescott of Sussex, England, who died in 1768, aged 105, after having been the mother of 37 children.

I leave you to carefully consider these cases, not from a merely traditional angle, but from the point of view of personal inspiration . . . do cases that you consider inspire you to do likewise? If people of the kind quoted, without the advantages that we in this scientific age enjoy, could live to great age, why cannot we? And in Mentalphysics you, as a Noble of The Light, have pledged yourself to do so.

Peace be unto you!

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-First Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY **62**

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (2)

BREATHING FOR THE WEEK:

Same as in your last Commentary.

MEDITATION FOR THE WEEK:

Same as in your last Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary you were advised to consider most carefully the material that may come your way for cementing in your mind the TRUTH of rejuvenation, longevity, regeneration . . . Immortality. You, of course, are convinced that what you have been dreading as old age, with its physical decrepitude, mental vacuity and spiritual poverty, is merely a bad tradition and a base delusion. The NATURAL condition of advanced years includes physical comfort, mental alertness, spiritual radiance - and these are ASSURED for all time when we KNOW what we are learning in Mentalphysics. As a public Teacher I have had the extreme satisfaction of bringing youth to thousands of people who before were drooping, ailing, forlorn, aged men and women. There is nothing that satisfies my heart so much as to see men and women, filled with fear of Death --- which really means ignorance of Life - turn about face, and defy old age and disease, and make life all over again.

Remove fear of Death from the human consciousness, and the battle is won . . Immortality will then be achieved. When we KNOW what the body is, what the body IS FOR - that is, why we have a body - we shall then come into the knowledge so that we EXPRESS that knowledge in Eternal LIFE. Will you IMAGINE with me for a moment what this earth will be like when men and women have learned that Truth so that they can manifest it, when we shall all KNOW and be able to EXPRESS IMMORTALITY.

THIS SPACE IS FOR YOUR OWN NOTES

(a) Important Examples.

I want you to consider the following:

FRANCIS HONGO, a native of Smyrna, and consul for the Venetians in that ancient and renowned city, died in 1702, aged 113. He was never sick, walked eight miles as a daily practice, and retained his sight, memory and hearing to the last. He was five times married, and had 49 children born to him ; when about a hundred years old his white hair fell out and was succeeded by a crop of its original color, and at 112 years of age he cut two teeth.

MARGUERITE KRASIOWNA, a Polish woman, died in 1763, aged 108. When 94 she married for her third husband Gabriel Raykolt, who was then 105. His father was 119 when he passed on. During the fourteen years Marguerite lived with her husband she brought him two boys and a girl - unbelievable? . . it is believed to be true.

MRS. WILLIAMS, of Bridehead, died 1841, aged 102. Age proved by parish statistics and family records.

WILLIAM PLANK, of Harrow, England, died 1867 at a hundred; age proved by being in school with late Lord Lyndhurst in 1780 ; bound apprentice in 1782, and received indentures of freedom in the Aalters Company in 1789.

JACOB WILLIAM LUNING, died 1870 ; aged 103 ; age proved by statistics of birth, baptism and testimony of disinterested friends, while his identity (the most difficult of all things to prove), has been established by statistics from the Equitable Insurance Society in London, where, at the age of 36, in 1803, he was insured for 200 pounds. (I believe this is the only case on record of an insured life extending to the hundred year mark.-D.L.M.)

CATHERINE DUNCOMBE SGAFTO, who died in 1872, aged 101; age proved by parish statistics and identity established by the fact that in 1790, she (being then 19 years of age) was selected as one of the Government nominees in the routine of that year. Her husband and many of her sons were representatives in the British Parliament.

HENRY JENKINS, who died 1670, aged 169, remembered the great battle of Flodden Field, fought between the English and the Scotch in 1513. When 157 years old he was produced as a witness to prove the right-of-way over another man's property ; being cautioned by the judge to speak truthfully in regard to his great age, he referred the magistrate to two other witnesses in court, each over 80, who testified that when they were small boys Jenkins was a very old grey-haired man.

JOHN SANDS, of Staffordshire in England, is mentioned in "Fuller's Book of Worthies" as having lived 140 years, and his wife 120 years ; as a very convincing proof of this statement, it was stated in court that he outlived five leases of 21 years each, made to him after his marriage.

THOMAS GANGHEAN, died 1814, aged 112 ; he was called at the age of 108 to prove the validity of a survey made in the year 1725, and his testimony contributed chiefly to the termination of an important lawsuit.

JANE FORRESTER, died 1766, aged 138 ; when she was 132 years old her intellect was so clear that she made oath in a chancery suit to have known an estate, the title to which was then in dispute, to have been enjoyed by the ancestors of the existing heir 101 years.

THIS SPACE IS FOR YOUR OWN NOTES

PETER GARDEN, died in 1775 near Edinburgh, aged 131 years ; he lived during eight reigns ; he was of gigantic stature and retained his health and entire faculties to the last hour.

MRS. MILLS died in the West Indies in 1805, aged 118 ; she was followed to her grave by 295 of her descendants, sixty of whom, named Ebanks, belonged to a regiment of local militia.

AGNES MILBOURNE died in the poorhouse ; one husband brought her 29 sons and one daughter, all of whom she survived.

WILLIAM PARR (not Thomas), of Birmingham, England, died in 1870, aged 121 ; he survived a posterity of 144 persons, and, finding himself without an heir, bequeathed his fortune of 10,000 pounds to charitable uses.

JAMES HATFIELD, died 1770, aged 105 ; one night, while on duty as a sentinel at Windsor, he heard St. Paul's clock in London, 23 miles distant, strike 13 instead of 12, and, not being relieved as he expected, fell asleep ; the tardy relief soon arrived and found him in this condition ; he was tried by a court martial, denied the charge of sleeping at his post before midnight, and in his defence related the story of St. Paul's clock, a circumstance never known before. His life was thus saved.

MISS ELIZABETH GRAY, died 1856, aged 108 ; she survived her father 100 years, and was buried beside a half-brother who had been dead 128 years.

(b) Our Present-Day Advantage.

I could fill the space of a full-length novel with many other instances, in many countries, equally authentic of extreme longevity. Most of these old people were doubtless shrunken, shrivelled relics of age. Doubtless they were not all like the old Irish Countess of Desmond who fell from a fruit tree and broke her thigh, recovered, danced at court with the Duke of Gloucester (afterwards Richard the Third of England), and continued gay and lively, and dancing even beyond her 100th birthday. This lady cut three new sets of teeth. Her family being ruined by rebellion, she made the long journey to London to seek relief from the Court of James the First. This skittenish octogenarian certainly did defy age, but I daresay that the others were fairly happy to go when the time came. But we in Mentalphysics know that there is no age - we know more than they did . . . why, then, should we not be able to live and maintain and sustain perfect physical and mental vigor and beauty as long as we desire to do so --- you know, and I know, that there is no reason why we should not, for we have learned that the cells of our bodies are potentially immortal.

I think, however, that we are convinced that the human body - as we now understand it as the Temple of the Lord of Life within us - has within it the power of indefinite life . . . that is, life forever. We know that old age is a delusion. We have our Grand Rejuvenation Breath as the sublime secret. Whether we fully understand it or not, this glorious breath is the secret method. We have called the Cleansing Breath the Breath of the True Analysis - our Grand Rejuvenation Breath is the Breath of the First Reflection.

This Commentary and your last Commentary contain much food for thought, and in your next Commentary you will be led into a deeper understanding of your Grand Rejuvenation Breath. I hope that this week you will prepare yourself to enter your practice with great reverence, for we have now come to the point where we literally USE THE FIRE.

THIS SPACE IS FOR YOUR OWN NOTES

(c) The Light and the Fire.

So far we have gone through what to some may have been weary searching for The Light . . . then the circulating of the Light . . then the "melting" - then the "mixing" . . . then we seemingly went back to cement what we had learned, and endeavored to pass through the flame as it shone in the outer regions inwards, inwards to the Center of Centers. There we found the Fire from which the Flame comes . . . we entered into the Fire, we were consumed by it, we passed through the crucible and found ourselves TO BE THE FIRE ITSELF . . . "Whatever the Creator is, I am."

All this has appeared, intellectually, simple to us. Not so, in practice, however. So now, My Beloved, we must guard the secret with all our watchfulness. We have learned that we are the FIRE. We know that fire anywhere will rage and burn and destroy a city overnight, but, properly directed, a fire is ever useful to mankind.

Before we came into Mentalphysics we did not know that we were fellow-custodians of the Very Fire of Life Itself, the Fire of Love, the Fire that supplies the Life and Heat that conserves Life . . . but is the same Fire that consumes whatsoever that does not conform to its principle, so that through the Fire it may be made perfect again to conform.

So from now onwards you see yourself Custodian of the Furnace - a tremendous responsibility. We have learned. We have gained knowledge. We must now USE our knowledge, lest it turn against us and consume us. . . for from your very first Lesson in Mentalphysics you have learned that you were playing with FIRE, the Fire of Life.

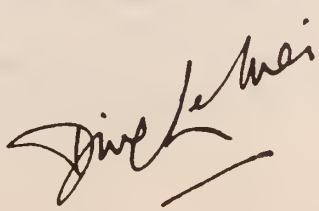
If you are trained in any of the sciences relating to the human body, I would advise you to think of the correspondence between Fire and the Flame and the Heat and the Life - just think of these four words, and how they are all linked together, and your mind will disclose much to you.

FIRE IS LIFE . . . and YOUTH! Guard well the Fire of Life within you. In your next Commentary we shall go to the manner in which we may all express Eternal Youth --- and what a picture that brings up before our minds. At the same time, we can see that this knowledge must be guarded from the eyes of the profane, for in the hands of the unworthy it would literally wreck humanity.

Be happy - Give thanks . . . feel the wondrous Fire of Life burning steadily and eternally within you as you read.

My peace I send to you . . . you are YOUTH - YOUTH - YOUTH . . . and you express Youth in all that you do and say and think and feel. Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



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End of The Sixty-Second Commentary,
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COMMENTARY **63** COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (3)

BREATHING FOR THE WEEK :

Same as in Your Last Commentary.

MEDITATION FOR THE WEEK:

Same as in Your Last Commentary.

(In Meditation declare with the FEELING that you KNOW you are telling yourself the Truth, and that AS YOU DECLARE IT YOU KNOW THAT THE TRUTH IS SETTING YOU FREE FROM THE RAVAGES OF OLD AGE . . . "I AM YOUTH . . . Y O U T H . . . . I AM Y - O - U - T - H !!!" FEEL that you truly ARE YOUNG.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last two Commentaries space has been devoted to many examples of old age, and ideas given generally on longevity. I hope that you have given these two Commentaries the attention they deserve, so that the idea of Imperishable Youth is literally rooted in your consciousness . . . I Know that I am Young . . . I FEEL that I am Young . . . I FEEL THAT I KNOW that I am Young . . I KNOW THAT I FEEL that I am young --- I AM - I AM - I AM YOUNG!"

There is a strange disparity between the sciences of inert matter and those of LIFE. During the past hundred - or even fifty years, man has learned a great deal about the universe outside himself, but lamentably little about the substance and principles of his own universe - Himself. Man is still the "unknown" quantity . . indeed, most people know nothing about themselves. No wonder that Alexis Carrel wrote a book entitled "Man, the Unknown". The sciences of inert matter have made immense progress, while those of living beings remain in a rudimentary state. Man should be the measure of all, but, on the contrary, he is a stranger in the world that he has created. He has been incapable of organizing this world for himself, because he did not possess a practical knowledge of his own nature. And today the SCIENCE OF MAN is the most necessary of all sciences. Why? Because man

THIS SPACE IS FOR YOUR OWN NOTES

will never be able to organize and control Nature to his own eternal progress until he has first come to understand and to know - and consequently to master - his own true nature. Mentalphysics today offers to the Western world a science of man - a science of LIFE ; and we Nobles of The Light should be intensely grateful for the priceless knowledge of the TRUTH of LIFE that is ours if we will work for it.

(a) Man Is Life ; Youth is Life Reflected.

As we grow to understand something about LIFE, we know that LIFE is Eternal, and as YOU are Life, you are eternal. We have long ago learned this in Mentalphysics, so that we can say that we believe it, and that we feel that through practice we may lead ourselves on to a demonstration of LIFE. We also see that Youth is the First Reflection of Life, so that, in this Science of Man, the first thing to learn - that upon which every other expression rests - is YOUTH.

Contemplating Our Grand Rejuvenation Breath, you find many thoughts and ideas rushing into your mind. Ask yourself some questions:

(1) I have been learning for some months past the Truth of YOUTH . . . am I younger today than I was a year ago?

(2) If I do not feel that I am, then

(i) WHY? Is it not because I have not been practising the FEELING of Youth every day and every hour of the day? Is it not because I have failed to THINK Youth all the time? . . . It is because I have not yet learned fully to do so.

(ii) HOW CAN I NOW GROW YOUNG? Knowing what you have learned, do you not see that you do not grow young because you either do not LIVE what you have learned about growing young, or you do not KNOW ENOUGH ABOUT growing young. Remember that we carry with us the wonders that we seek without us.

We shall endeavor to answer these questions, for there is not the slightest doubt that UNTIL we know how to be young always, and control our bodies in protection from decay and senility, we cannot hope for full mastership . . . for eternal youth is a prerequisite of Mastership. And, after all, MASTERSHIP is but the true reflection of Wisdom. . . and you are Wisdom.

(b) "I Am Eternal Now."

I am to assume that you have learned the importance of a right conception of Youth. You believe, do you not, that there is no age - and you may KNOW it. You have learned what modern science has uncovered in relation to even the cells of the physical body being potentially immortal. You have learned that, in truth, there is no old age, no decay, no disease, NO DEATH . . that there is but Eternal Life, the ETERNAL NOW. You remember your beautiful meditation :

"I AM ETERNAL NOW - RIGHT NOW.
I AM ETERNAL LIFE - I AM IN ETERNITY NOW."

(Knowing that there is but the now (no Time), and that yesterday and tomorrow are merely figures of speech that mark the passage of events.)

THIS SPACE IS FOR YOUR OWN NOTES

When we started in Mentalphysics you will remember that your Grand Rejuvenation Breath was distinctly a physical breath. We were seeking health and perfect physical expression. It has since been revealed to you, through your practice, that this priceless breath is infinitely more than a physical breath, however. We commenced in our study and practice by going into the breath with all the physical feeling of livingness that we could - - how every cell of the physical body was charged, how you built into your consciousness that beautiful meditation after the breath "I THOUGHT MY BODY WORE OUT AND GREW OLD LIKE AN OLD PAIR OF SHOES, BUT NOW I KNOW, AS I STAND IN THE PRESENCE, NEW CELLS ARE BEING MADE FOR ME. I AM BEING RENEWED. I SING - I REJOICE! I SING THE SONG OF CONQUEST. THERE IS NO AGE FOR ME . . . NO DECAY, NO SENILITY, NO DISEASE, NO DEATH! I AM FREE. . FREE. FREE FROM THE RAVAGES OF TIME, FREE FROM ALL NEGATION OF MY OWN MIND. . . I AM YOUTH . . YOUTH . . YOUTH!"

You will remember the FEELING that this meditation brought up within you coincided with your own Inner DESIRE and Intuitive Belief . . how this expressed what you had, in the sanctuary of your own heart, always inwardly hoped to be possible. And IT IS THE TRUTH.

Then you will remember how I consistently laid emphasis upon the need of LIVING this idea of Youth, in everything that you do and say and think. You recall how it was explained that LIFE IS, and that YOU ARE LIFE. (Remember the Documentary Lesson in the Initiate Group Course on "The Holy of Holies"). You KNOW that you are Life, and Life can only be expressed and reflected through your own physical body. That which is called YOUTH is, I repeat, the true reflection of the Essentiality - LIFE. You have learned, too, that you, being what the Creative Spirit is, are Inexhaustible, - All-Pervading, - Indestructible, - Imperishable, - Changeless, - Unchangeable.

WHAT HOLY THOUGHTS THESE ARE! Hold them to you closely, Noble of The Light.

It is self-evident, then, that in our Grand Rejuvenation Breath, having come into the possession of the FIRE, we stand blessed with ALL THAT THERE IS. The manner of the USE to which we put it determines ALL THAT WE ARE. We stand at the very threshold.

(c) Another Point In The Journey.

And now we start another journey. The steps are similar to all those which we have followed so far in all the previous Breaths, though going deeper. After patient toil and practice we have found THE THING ITSELF, and SEE THE THING ITSELF as it is reflected through us - physically, mentally and spiritually. Using THE THING, we are to find out what the EXPRESSION OF THE THING is. . . . YOUTH, YOUTH, YOUTH.

On the Physical Plane - Beauty - Vigor, Virility - Strength - Power . . . a body filled with the boundless vigor of doing ; Energy - Fatiguelessness - Life.

On the Mental Plane - Alertness of mind - Joy - Joy - Joy ; Optimism - Memory - Trust - Confidence - Hope - Assurance - Aspiration - Enthusiasm - Buoyancy - Exultancy - Balance - Life.

On the Spiritual Plane - That which cannot be spoken.

On the Physical Plane, we have already started with first things first, and have found that the perfect expression of THE THING ITSELF (names do not matter at all) cannot but be other than PERFECT YOUTH, the true reflection. The Grand Rejuvenation

THIS SPACE IS FOR YOUR OWN NOTES

Breath, physically, is vitally important, but we have gone through that stage, for we have ceased to breathe with the body, but are breathing with the HEART . . . and this is the first step from the outer into the inner, taking us from the Human Heart onward into the center of the Heavonly Heart.

(d) Youth The Ruler.

In everyday practical life, YOUTH RULES. But Youth is also prone to err. Through its errors, as it gains wisdom, Youth finds the Path through experience. But WE have come far along The Path . . . WE know ourselves to be THAT . . . WE are the Essentiality . . . WE are the Center of Centers . . . WE are the Life . . . WE are the Light . . . WE are the ALL. Carrying this beautiful thought no further than the mere instrument, the Physical Body, we know that we have the power to live as long as we desire, and the doors of our minds are constantly open that we may learn how this is done.

Now that we know that we are LIFE, subject not at all to decay and disease and death, then we will live and have life more and more abundantly . . for we have the method.

Rest and think. There is no need for me to write words of explanation. If you have been faithful, YOU KNOW!

You KNOW because you see -- and you SEE by the LIGHT of you. You SEE only that which IS - and that is good (God). Look at your physical body, and if it has been transformed, grown younger, more flexible in the within life, more adaptable and powerful in the life without, then you have found the secret. If you have failed, or not come up to the point which you hoped and expected to reach, go back, build it more and more through meditation into your consciousness, and so conquer the powers of darkness (ignorance), which merely means lesser Light (Wisdom). BUT IF THE LIGHT HAS SO SHONE THAT EVERY CELL IN YOUR BODY (look for the hidden meaning in this sentence) HAS BEEN CHARGED WITH THE ELIXIR, THEN YOU ARE RESTING IN THE ETERNAL NOW, WHICH MEANS ETERNAL YOUTH, THE REFLECTION OF ETERNAL LIFE.

If there comes to you as you read this the slightest twinge of regret, that you have not conquered as you would wish, go back to your early lessons. YOU CAN DO IT if I can do it - everyone can do it if they WILL TO DO IT.

There is so much to be done in the world, and to work while it is yet day we must work in THE LIGHT ; and the LIGHT within thee means YOUTH . . . if the Light that is within thee is darkness, that darkness is very great. Therefore, ACT YOUTH - in all that you do ; move as Youth moves ; FEEL as Youth feels.

In Your Grand Rejuvenation Breath you have the Golden Key that will open the true Holy of Holies of Life in Youth, to enable you to Do whatever you desire to do. This is my hope for us all in Mentalphysics, that we become YOUNG, that we live long in well-doing, and that we come to feel the TRUTH of Life - that we are the Masters in very Truth.

Peace be unto you. Remember your Mother, Mentalphysics - and seek the Toiling Pilgrim.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Third Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

64

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (4)

In this Commentary, you are shown HOW to gain the True Conception of that Wondrous Youth that we are all endeavoring to attain to. - D.L.M.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

For some time we have been considering together the desirability, the logical need of and the wondrous vision of YOUTH - the Reflection of Life. This week I invite your reverent attention to a method by which this may be brought about in your life so that it becomes the very essence of you.

I am to assume that you are the Master of the Breath. I must assume that you have come to the point where you now feel that you will never again suffer from sickness of the body or disbalance physically - that you KNOW how to live as a physical being. You know how to fuel the body - you know how to rid yourself of any congestion that may arise in the body - and you know that you are Youth.

(a) An Important Exercise.

My Beloved, I find it in my heart as I write to hope that every Noble of The Light who reads this Commentary is FIRED with the desire and the belief and the INTENTION to live as long as he desires to live. We have learned much. All adepts have always advised discretion, and have always been circumspect in their revealments, lest That, which in the hands of the philosopher becomes most precious, should be otherwise made worthless. Meditation is a simple practice, but it is the Noble Science. It reveals to us THE LAW, and we know that The Law can be made to work by even those who are not worthy to have it revealed to them. Yet we often hear people who should know better speaking most lightly in ordinary conversation about Meditation as if it were a mundane practice of the market place. We must guard our secrets. The reason that the ancient philosopher always taught by mouth to ear was because he dared not reveal his secrets to the ears of the profane.

THIS SPACE IS FOR YOUR OWN NOTES

It is no different today. The restoration of man to the conquest and harmony of his ancient sovereignty over Nature, which brings him into eternal alliance with super-nature, is the sole aim of the Higher Ones --- but we must be ready to receive, and show our humble willingness to receive before they reveal the secrets to us.

Therefore, this week, rest in the higher realms. Be calm and peaceful. Make it a week of beauty and restfulness of spirit. Watch that every moment is consecrated to your Higher Self. For I wish to reveal to you a method by which you may attain to the Youth that you desire - a knowledge of your own Eternal Life.

The important exercise, which you must keep to yourself of course, follows.

(b) The Exercise Supreme.

Instead of physical breathing of Your Grand Rejuvenation Breath this week, practise the Breath silently and mentally. What do I mean? This is the way.

(1) See that your body is clean - live for the first two days on fruit juices and water . . . or, at all events, very light foods.

(2) See that you do not get disturbed - do not work too hard, nor be lazy and indifferent - - - maintain the balance of action. And, above all, be happy.

(3) Feel the spirit of Your Own Spiritual Breath all the time; and hold your mind to the beauties of Mentalphysics in their very highest vibrations. Thus will you be ready for the practice.

(4) If possible, witness your sunrise - either actually watching the sun rise, or doing so with the aid of your imagination.

(5) After carefully bathing in the morning, do this exercise. Sitting in the sevenfold position, we meditate to take ourselves away from the mundane : We are still, we watch our breath, we sink into the meditative attitude, and not until we are sure that we are ready do we begin. All within us is tranquil - we have gone through the outer and are safely and happily in the INNER of ourselves. Then we begin (I use the wording that I use in the Inner Chamber here at The Institute in my personally-conducted classes) :

"AND NOW I IMAGINE MYSELF IN A TINY BOAT ON THE WATERS OF THE TURBULENT OCEAN . . . I HEAR THE ROAR AND THE RUSH OF THE WATERS ABOUT ME . . I FEEL THE EXTREME MOTION OF LIFE'S OCEAN . . . I SEE THE GREAT WAVES RUSHING UPON ME . . I WATCH AS I SAFELY STEER MY SMALL BOAT TOWARDS THE OTHER SHORE.

"I WATCH AND GET THE PICTURE, AND FEEL IT WITHIN ME.

"AND NOW I SEE MYSELF BRINGING MY SMALL BOAT ONWARD TO THE SHORE - THROUGH THE ROCKS AND THE GREAT BOULDERS . . I HAVE TO BRING HER SAFELY TO THE SHORE, OR FIND HER DASHED TO PIECES ON THE ROCKS. SLOWLY, SILENTLY, I SEE MYSELF STEPPING OUT OF MY BOAT AS SHE RUNS UP ON THE SANDS. . . . BUT THERE BEFORE ME YAWNS THE GREAT CAVERN. BEFORE MY EYES I IMAGINE DEEP, DARK, DENSE BLACKNESS: ALL IS INTENSE BLACKNESS. I WATCH. THEN FROM OUT THE BLACKNESS THERE

THIS SPACE IS FOR YOUR OWN NOTES

COMES THE TINIEST POINT OF LIGHT - A SMALL POINT WHICH GRADUALLY GROWS LARGER - IT IS THE SIZE OF A PEA.

"I WATCH - IT GROWS LARGER . . . IT IS THE SIZE OF A DIME.

"I WATCH - IT GROWS LARGER . . . IT IS THE SIZE OF A NICKEL. (BUT THE LIGHT DOES NOT GO OUTWARD FROM THE CIRCUMFERENCE, BUT SEEMS TO RADIATE INWARDS FROM THE CIRCUMFERENCE TO THE CENTER.)

"I WATCH - IT GROWS LARGER . . . IT IS THE SIZE OF A QUARTER.

"I WATCH - IT GROWS LARGER . . . IT IS THE SIZE OF A HALF-DOLLAR.

"I WATCH - I DO NOT FEAR TO FACE THE LIGHT - IT GROWS LARGER. . . IT IS THE SIZE OF A DOLLAR. AND NOW I SEE THE BLACK CIRCUMFERENCE NARROWING AS THE LIGHT WIDENS AND BRIGHTENS . . . THE BLACKNESS HAS ENTIRELY GONE, AND I SEE NAUGHT BUT LIGHT, LIGHT, LIGHT.

"I REST - I WATCH . . . THE MOON HAS BECOME THE CAVE - THE CAVE HAS BECOME THE MOON. AND WITH MY HOLY BREATH I FAN THE FLAME."

This is the first part of the exercise. Do this until you have become proficient in its art, and then go on to the following. Perhaps it will take you a day or two before you can feel that you have truly MASTERED the exercise, and do not go on to this part that now follows until you feel that you have the technique under control.

NOW, we Want YOUTH.

Beginning with the exercise as written, bring yourself to see nothing but the Light, but there will remain with you the tiny point in the center - and that will appear as a point of darkness - or something slightly different from the great ocean which came from that small point.

Go through the exercise again, with this difference; visualize your Highest Self at that point, and so see the Light gather around YOU. As the Light grows YOU will be the Light, and in your consciousness you will FEEL YOURSELF to be the LIGHT --- which is true. You will feel what you see, and see what you feel. Holding the idea of YOUTH, YOUTH, YOUTH, you will FEEL YOUTH and thus KNOW YOURSELF TO BE YOUTH. Many of the most sublime ideas and feelings of Youth and the ESSENCE of YOUTH will come to you in meditating thus, and you will find a tremendous impetus towards youth.

(c) Humanity's Progress Is Necessarily Slow.

We know that the evolution of humanity is a slow affair. The white races are making a staggering advance towards what is called "civilization". It is obvious to the thinker that until Man comes to know that he is possessed of powers of actual renewal - meaning Youth - human progress must remain intolerably slow and inadequate. It is for US in Mentalphysics, who are learning THE WAY, to become pioneers. There

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is every reason why we should grow young. Every reason why we should become leaders in the true sense. Here at The Institute we feel that we are doing a great work, in personal classes and in correspondence such as our Lessons embody, and in the dissemination of literature, for the emancipation of the race.

So far as we know how, we are "popularizing" the idea of Rejuvenation.

I notice that Mr. Rockefeller, who has passed his 97th birthday, desires to become a centenarian ; but I also notice, from a newspaper report, that he is now to be prevented from playing his usual golf. If that is so, he will quickly pass, I fear. What has kept him going is Prana, which he has gained through the active breathing that he has had to do on the golf course. That is how to retain life -- but only in an outer sense. WE know how to do it in an inner sense . . . we have the Golden Key. What would John D. Rockefeller give (if he only knew) for the knowledge that we in Mentalphysics have. Why not give it to him? I am afraid that he would not take it. I suppose that it would be hard, first of all, to get near to him, and then he is so hemmed in and around by the scientists that he would not be allowed to study Mentalphysics even if he wished to do so.

But as for US - we are the Monarchs. We KNOW the WAY. Then let us live it. My Beloved, I urge you to study this Commentary and to practice the exercise revealed to you with assiduity and humility.

MAKE NO MISTAKE. TO DO IT, WE MUST SIMPLY DO IT. WE HAVE THE MEANS IN MENTALPHYSICS TO RESCUE OURSELVES FROM THE STATE OF INTELLECTUAL, MORAL, PHYSIOLOGICAL ATROPHY WHICH IS BROUGHT ABOUT BY THE CONDITIONS OF MODERN LIFE. WE MAY DEVELOP ALL OUR POTENTIAL FACULTIES. WE MAY REESTABLISH OURSELVES IN THE UNITY OF LIFE, IN THE HARMONY OF OUR PERSONALITIES, AND TAKE ADVANTAGE OF ALL THE HEREDITARY ADVANTAGES WE HAVE, AND STIFLE ALL THE DISINTEGRATING TENDENCIES OF OUR OWN NATURES --- AND THAT MEANS YOUTH. MY BELOVED, YOU MAY LIVE, OR YOU MAY DIE. YOU MAY GROW YOUNG, OR YOU MAY GROW OLD. IT IS ENTIRELY IN YOUR OWN HANDS. MAKE NO EXCUSES. THERE IS NO EXCUSE OTHER THAN SHEER INDIFFERENCE.

Therefore, be strong in The Law and the power of Its might. I invite you to renew your vows and GROW YOUNG. Seek for every means by which you may attain to your ideals --- and ACT AS YOUTH ACTS. The rest will be easy.

Be happy and YOUNG this week. Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of the Sixty-Fourth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

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COMMENTARY

65

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (5)

BREATHING FOR THE WEEK:

Physical breathing is at your own discretion.

(When I say this to you, I am placing upon you the responsibility of choice. You have liberty - do not neglect it or abuse it. By no means should you neglect your PHYSICAL breathing, but, if you are sure that you do not need to breathe physically, sink into the mental breathings --- these are NEVER to be neglected.)

MEDITATION FOR THE WEEK:

Follow the exercise given to you in your Sixty-Fourth Commentary. "The Cave becomes the Moon - the Moon becomes the Cave."

(This exercise will become inexpressibly dear to you as you practise it. It contains a great secret. But the secret can only be revealed AS YOU PRACTISE. Thursday night should be your night for meditational practice ; you should throughout the day anticipate with delight the beauty of the Meditation that you will undertake at night. Faithfulness is the keynote -- full of FAITH, practising faith.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Ever since you have been in Mentalphysics you have never practised FEELING YOURSELF YOUNG and ACTING AS YOUTH ACTS as you have been during the past three weeks. You have been faithful in your practice, - therefore, you now KNOW that you are YOUTH - Y O U T H --- Y - O - U - T - H !!! How happy we are that we shall NEVER grow old. Is it R - E - A - L to you. As you read, do you feel the rush of the force of Youth within you? Sit still and analyze . . .

THIS SPACE IS FOR YOUR OWN NOTES

(a) Do you FEEL the power of Youth within you, or is it merely a conception of the Intellect? . . . . Do you FEEL every moment that you are young, that Life has taken complete charge of you, that age has ceased to exist for you - or do you feel that you merely know through your intellect that this is so - so that it is merely a dream for you, and not an actuality, a reality.

(b) As you read, can you feel the Force . . . can you feel that you can direct the Force? You move your finger, you move your tongue in your mouth. You feel that you know that you are moving them. Is there the same understanding and knowledge within you when you think of yourself as YOUTH? If not, then you have not yet come fully into the consciousness of Youth.

(a) Meditation is the Secret.

Now, as I write YOU will know what I mean. I do not wish to spend much time in using words. If you do NOT feel that you know Youth, and that you FEEL Youth, and that you ARE Youth, then meditate upon Youth - and again meditate.

And how truly wonderful is Youth! The greatest desire of men is for eternal youth. From Merlin to Voronoff, charlatans and scientists have pursued the same dream and have suffered the same defeat --- but we know that there are many in the world today, who have followed the ART of Living, who have defied death, because they understand what it is ; and who KNOW that they have the power within themselves to live as long as they desire. As I write to you, I feel very near to them. I honor those great men who have prolonged their lives consciously by the KNOWLEDGE they have gained of themselves and the Principles of Life. I can no more imagine my old master in Tibet being subject to disease or any disharmony of the physical body than I can imagine the heavens falling - for he knows that there is no death, and I know that there are no "heavens"(in the sense that I write) to fall. And so it will be with us - when we know the way, and the only way for us to get to know the way is to live the way . . . right practice.

Practising living in The Way develops our spiritual power, and we know that "it is the SPIRIT that quickeneth". Thus we see the vital necessity of always THINKING, THINKING YOUTH . . the majesty of Youth, the power of Youth, the unconquerable hope of Youth, and the eternal conquest of Youth.

(b) The Threefold Excellence.

But you must remember that the most deliberate and earnest aspiration is often defeated by false evaluations. It is essential to have the right valuation of the end in view, and the right valuation of the means to the end in view. There must be constantly held in view the threefold excellence - physical, mental and spiritual.

On the PHYSICAL - Health, Vigor, Functional Efficiency, Perfect Expression . . . and so on, and so on.

On the Mental - Exhaustlessness of Ideas, Concentration to work out the ideas . . . . and so on, and so on.

On the Spiritual - That Peace that passeth knowledge.

THIS SPACE IS FOR YOUR OWN NOTES

YOUTH (Life's true reflection) becomes so infinite a state of excellence when we think of it from its many-sided quality. He who is not really in earnest, whose interest does not extend beyond his own petty life, he who is not ready to make sacrifice for the realization of his aspiration, he who is not prepared to dare to face the "spectres of the Threshold" will not understand . . . but YOU, dear Noble of The Light, have the courage to Face the Sun, and go on at the right time to enter the Center of the Sun.

You and I are the Elect of the Universe. We are the custodians of the Brotherhood of Life, and our sole purpose in life is to make that great Brotherhood the greater for our understanding of its secrets. We have come into an understanding of the greatness of Life Itself. And Greatness entrusts you with its nature. Greatness is for ever looking upward to that which is greater than itself ; but it trusts itself . . . and YOU must trust yourself, resting, so to speak, in the arms of Wisdom, never ceasing to see beyond the clouds the star of your own destiny.

I hope that practice of the secrets which we have undertaken during the time that you have been in Mentalphysics has taught you a certain DIGNITY of Life. Those who strive to the highest attainments or the largest usefulness to mankind need to have - as they automatically develop - a certain dignity of character. He who has no personal dignity is not worthy of greatness.

(c) The Need of Dignity.

Combine, then, with your own realization of Youth, a deep mental understanding of DIGNITY. This week, make this your central thought - the DIGNITY OF RIGHT LIVING. Dignity implies

Probity		Dishonor
Integrity		Slipshodness
Rectitude		Laziness and Laxity
Uprightness	As Against	Unreliability
Honesty		"Slipperiness"
Faith		Fear
Honor		Sneakishness
Trustworthiness		Double dealing
Loyalty		Disloyalty
Scrupulousness		and many other words
Correctness		that will readily come
Chivalry		into your mind as
"His Heart as far from fraud as Heaven from earth"		you read these

As we PRACTISE dignity, we find that we naturally aspire to higher and higher accomplishments. What we Nobles of The Light, the Custodians of the Keys of Life, must constantly and joyfully aspire towards include the expression at all times of the GREATNESS of Life . . .

The greatness of Being - Thou in Me ; the Father doeth the work.
The greatness of Doing - "The Creator within me, expressing through me."
The greatness of Knowing - Wisdom, Virtue, Power. Joy, Love, and so on.

You are advised to take the above three lines and write your own commentary upon them - the three states of Being, Doing and Knowing. Think on these things from the point of view of the GREATNESS of Youth, and you will see that the aspiration towards Greatness will be the surrender of Self . . . the Selfless Life for the benefit of others.

THIS SPACE IS FOR YOUR OWN NOTES

Then, THINK . . . what a world this is to become when all men and women know even the little about Life that we now can truthfully say that we know! How glorious it will be when all men and women see the wisdom of living for others, and triumphing over Self. And, My Beloved, remember that it is not brilliancy, education, high position, wealth or opportunity that makes personal greatness, . . . no, greatness is just "going about doing good". He who seems to himself to be and possess least should feel that the degree in which he falls behind others is the measure of the unrealized possibilities of his own life, and should aspire to a larger and richer life. He who seems to himself to be and possess most should realize that what he is and has makes possible to him the attainment of the very highest things for himself, including the joy and greatness and glory of being an important factor in the progress of mankind.

For when we learn anything whatever that is of benefit to ourselves, we must remember the eternal fiat of God that if we do not USE it, we lose it. Others must share in our bounty. We must Spread the Light.

(d) Ponder This Advice.

Therefore, Noble of The Light, adjust thyself. To attain to Eternal Youth you must adjust your own life activity to Life Itself. Life Itself is ever giving unto all - there is nothing that is missed. So you and I, to prove ourselves worthy of being in the full essentiality of Life Itself, must likewise give unto all. We must give what we have -- more we cannot give. But unless we constantly give, even that which we have shall be taken from us. Therefore, you are Youth - then give of thy youth . . . you are strong - grow stronger by using your strength for others . . . . You are wealthy - give of thy wealth that it may return unto thee, for if it does not return, how poor you must become!

(Extend this line of thought ; analyze yourself to see what you have most of . . . then USE it. But the greatest value of all is KNOWLEDGE. You have gained Knowledge in Mentalphysics -- then never rest until all mankind is in Mentalphysics . . . this is the logic of living.)

So I counsel you to do all that you can for Mentalphysics. You should be bringing in students every month : you cannot do this? Then WHAT are you doing? If you have material substance, are you giving to your Mother Mentalphysics, so that she can Spread the Light for you? Are you tithing and thus regularly sowing the seed, as Life Itself sows its own seed? Review your Commentary Number Four (p. 3 & 4).

As your Teacher, I say to you that if you are NOT doing ALL that you can for Mentalphysics, you are not only proving yourself unworthy of receiving what Mentalphysics has given unto you, but you will not be able to retain it. This is not My Law, nor YOUR Law . . . it is God's Law ; so I exhort you to get busy and maintain your zeal. You Know that you are Life . . You Know that you are Youth -- ponder on the responsibility that is yours. And, My Beloved, BE HAPPY . . . what a glorious heritage is OURS - yours and Mine.

I greet you in Love and Life and Youth and Joy. I give thanks for you. My Peace I give unto you, as you realize yourself in The Presence of Truth.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Fifth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

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COMMENTARY **66**

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (6)

Retrospective

BREATHING FOR THE WEEK :

Same as in your Sixty-Fifth Commentary.

MEDITATION FOR THE WEEK :

"I THANK THEE, LORD . . I T - H - A - N - K Thee, Lord, FOR THE TRUTH OF OUR BEING."

(Take this Meditation, and analyze it . . . from the point of view of Youth and Life and Love . . . think what you HAVE and what you ARE . . . then REALIZE that ALL is by the Spirit of Life - "By My Spirit." saith The Lord.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

As we contemplate what we are learning, let us bow our heads gratefully and reverently. Let us look steadily inward to The FIRE.

This week your Commentary takes the form of a Retrospect - we shall review again what we have learned, and I would advise you to spend much time in the study of your Commentaries to see whether you have actually built into your consciousness greater real knowledge than you formerly possessed, and see definitely whether you have been USING what you think you have learned.

We have come through once again the whole of our Breaths - those sacred Spiritual Breathings which at the start were so heavy and dull, and without much meaning . . . the Memory-Developing, the Revitalizing, the Inspirational, the Perfection, the Vibro-Magnetic, the Cleansing, and the Grand Rejuvenation Breaths. We have also learned others, but these seven Breaths are the Key Breaths to all others. These are really the Seven Steps.. When we reach the Grand Rejuvenation Breath we reach, so to speak, the commencement of the ascension . . we have come

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out from the foothills, have noticed that we are climbing slightly, have kept our eyes on the extreme point of the Great Ascent, and, if we have been faithful, can confidently look upward to The Heights.

(a) We Have Started - Let Us Give Thanks!

And now, beloved Noble of The Light, be absolutely honest with yourself and with me. You have been practising what you have been taught in Mentalphysics, and you are sincerely desirous of going further. What you have so far done, though considerable, is nevertheless as nothing to what you will do . . . no matter how much we know, or think we know, it is as nothing to what we will know and to what we will do. But have you been LOYAL? Have you been faithful to yourself and to me as your Teacher? This is for you to answer . . . if you can truthfully declare that you have maintained your practice with all the zeal that you know, then have you truly begun - you are on The Path.

Yes, you and I are on The Path . . . we have started! Let us Give Thanks.

You are truly in earnest - you have kept up your practice - you know that the Search is the Great Experiment of your life, and you are able to humbly bow your head and let the Infinite Wisdom whisper to you that all is well. For you have entered into the Inner Secret . . you have come far enough to understand that all you can ever do must be done in accord and unison with the Divine Principle and ORDER of the Universe. You know that your Grand Rejuvenation Breath teaches, more than any other that you have learned and practised, the ORDER OF NATURE. Steadily climbing the Golden Stairway, ever making for the Golden Light, you have come up to the Summit of the Mountain of Man's Highest Hope.

In another way you may say that you have come from the OUTER to the INNER . . that you have broken down the rock and put it through the crusher, and have succeeded in the "Melting" process, have led yourself to the "Mixing" process. As a result, you have discovered that in the rock there truly does exist the pure Gold of the Spirit. As a willing apprentice you have entered with vigor and gratitude into the work of refining so that no values shall be lost. You have learned the secret of the "backward-flowing" and "upward-flowing" movement. You KNOW what you have learned, for you have evidence of it in better health, a better outlook on life, a happier disposition and more hopeful attitude through knowledge, a deeper sense of gratitude, a knowledge of the Oneness of the Universe, of the Order of the Universe and the Serenity of the Universe, of the Eternality of THAT WHICH IS . . . an indestructible knowledge that "WHATEVER THE CREATOR IS, I AM".

And in the Grand Rejuvenation Breath, we have the breath of the First Reflection (Youth the Reflection of Life). We are reflecting Life in and through YOUTH. Youth is, you can clearly see, can you not, the FIRST Reflection of Life. We may not know in its fullness what Life is, but through practice of right living, we have come to the full perfection of a perfect instrument, and know that it is only through a perfect instrument that PERFECTION OF LIFE can be reflected. YOUTH IS ORDER.

(You may think that this point is labored somewhat, but we MUST get it into our consciousness.)

(b) The Order of the Universe.

The first essential in perfection that we see anywhere in the Universe is ORDER. We stand in reverence before this Order - the Wisdom, the Unchangeableness, the Fixed Purpose of the Universe, and so we are led to an understanding of Order. As soon as we disturb the Order of Nature we bring Discord, and discord means Death

THIS SPACE IS FOR YOUR OWN NOTES

. . the reverse of that Life which is Youth. Let us contemplate the Order of Life - your life, my life, the life of Nature, the life of God, which we are in human form.

The Order of Life is threefold - we have learned this long ago in Mentalphysics:

(a) THE ORDER OF EXISTENCE - matter (gross and subtle), all of which may broadly be termed "existence", which is static.

(b) THE ORDER OF MOTION (or ENERGY) - which is dynamic, pranic ; this is resident within all existence.

(c) THE ORDER OF THOUGHT - which is Spirit.

Think of these three in relation to yourself (your body, your mind, all that you can think of as yourself), and you can see that you can then go further afield and find that what applies to you applies to every living thing, though with sufficient differentiation to account for the fact that, whereas you are a man other things are trees and flowers and all things in the three related kingdoms. We have seen that all matter constantly tends to higher and higher forms; it is its chemical, magnetic, radio-active nature to do so. Therefore, in the order of generation, the simple bodies, produced out of the undifferentiated matter that arose primordially from the first substance, generated the compound, the compound the vegetative, the vegetative the animal. (You have this in your Twenty-Second Commentary.)

(c) From the Higher Upward Still.

Take the earth on which we live. In the center of the earth the simple bodies exist. As we go outside we find that the simple bodies have developed vegetative organisms. And then we find, apparently on the outer rim of the earth, the animal organisms. Now, wherever we look we find that matter is always, through what one may call its chemical power, endeavoring to express itself in higher and higher forms. We see that, as matter tends upwards, the more complex an inanimate body becomes, the more it tends upwards and is absorbed by vegetative life. . . . And so with vegetative life - it, too, is ever striving upwards towards the animal life . . . . and the higher the animal life, the more the action of Nature is to express itself, - outwards from self, upwards from the lower type of intelligence to the higher, from the animal man to the spiritual man --- AND THE MORE SPIRITUAL THE MAN THE MORE HE ASPIRES TO THAT SOMETHING WHICH IS ALTOGETHER BEYOND NATURE.

And the more we grow in Truth and Wisdom, the more do we realize that there are Intelligences as far above us as we are above the lowest form of animal life that ministers to us and aspires to become what we have become.

So we see that in our Grand Rejuvenation Breath we come to the very highest expression of which we are capable. While Man is the highest of the animals, he is at the same time the lowest of spiritual existences. Yet through his Will to understand and his INHERENT DESIRE to forge ahead and to become more and more refined through the Fire that brings the Light, man comes to know that he IS THOUGHT. Now, the higher any compound, the more complicated it is, so man is the most complicated instrument in the Universe, possessed of and having innumerable and remarkable faculties ---- ALL WORKED BY HIS THOUGHT. We know about many of these faculties, but over and above all the faculties that all animal life has, MAN, the crowning instrument of creation, has the spiritual faculties of Intuition and Reason and Will - HE IS THE CHOOSER, through his Thought.

And as this Commentary draws to a close, I ask you, My Beloved, to rest and use your thought (to think) of all that you are. You are the PRINCIPLES OF UNITY

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which arise out of the PRINCIPLES OF ORDER. Your actions - interior action and exterior action - are embodied in the essence of the Universal Order. Your life and my life embraces the whole mechanism of the outpouring of the perfection of Being . . . the Being of God, the Being of Life Itself.

Let us Give thanks.

(d) You Are the Conqueror.

We can now say that we are YOUNG - that we are Life - that we are the ENDURING, UNCHANGEABLE, ETERNAL ESSENCE OF LIFE. We see ourselves as the very Truth of the Reflection of the REAL, and as we allow it to shine through us, so shall we endure and stand fast.

No one who is not in contact with people, and who is consulted by them as to their own problems, knows the terrible heart hunger of humanity. The utter emptiness of the average life. The vacuity of the eternal seeking for something substantial. Now, do not be deceived . . GOD is not mocked. Though you may not be FULLY convinced, I assure you that you have in Mentalphysics THE WAY; if you do not REALIZE LIFE in its fullness through the teaching in Mentalphysics I feel that you will not reach it in this incarnation. I strongly counsel, I exhort you with all the fervor of my spirit, to renew your zeal and to make it all REAL.

As never before, FEEL that this is true.

"I AM YOUTH - GLORIOUS IMMORTAL YOUTH - UNCHANGING YOUTH . . . POSSESSING AND USING ALL THE ATTRIBUTES OF THE MAJESTY OF YOUTH . . . THE DAYS I HAVE LIVED ARE NOT THE MEASURE OF MY 'AGE' - THERE IS NO AGE FOR ME.

"I AM THE CONQUEROR OF ALL AFFAIRS IN MY LIFE.

"I KNOW THAT THE CREATOR AND I ARE ONE AND THE SAME THING . . I REST IN THE LIGHT OF THE CREATIVE INTELLIGENCE IN ALL THAT I AM AND DO AND SAY AND THINK AND FEEL.

"I GIVE THANKS . . . I GIVE THANKS . . . I GIVE THANKS."

So, My Beloved, as we conclude the review of the Grand Rejuvenation Breath, make up your mind that KNOWLEDGE - knowing how - is the only power that you have. Knowledge is the measure of your life. Then, grow in Knowledge. Increase your knowledge by living what you know - no matter what others say or think --- YOU be the MASTER, as you truly ARE the Master!

Feel that every moment of the day, in all that you are doing, you are in touch with me as your Teacher and the Institute as the radiating center of the Wisdom that is coming to you through your Commentaries. Feel that you are an integral part of a growing army of conscious custodians of the Wisdom of Life. Be happy and GIVE THANKS.

I am Happy - I send you my joy. I am LIFE - I send you my Life.
I am Peace - my peace is yours, for I send it constantly to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Sixth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

67

THE GRAND REVIEW (1) Retrospect

STUDY THIS WELL

THROUGH KNOWLEDGE OF THE LAW GOVERNING SOLAR FORCE MAN SHALL GAIN POWER TO AWAKEN THOSE GANGLIA CORRESPONDING TO THE PLANETS, AND THEREBY CONTROLLING THE PLANETARY FORCES MANIFESTING IN HIM, SHALL UNFOLD THE IMMORTALITY OF HIS OWN BEING AND BECOME THE MASTER OF HIS DESTINY.

IT IS SAID THAT A WISE MAN RULES OVER THE STARS. BUT THIS DOES NOT MEAN THAT HE RULES OVER THE STARS IN THE SKY, BUT OVER THE POWERS THAT ARE ACTIVE IN HIS OWN MENTAL CONSTITUTION . . . FOR MAN IS HIMSELF THE SUN, MOON AND STARS.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

As I sit down to write this Commentary, there sweep over me great waves of peace and hope and gratitude. Together we have gone far in the study of life. Doubtless we have not been as earnest as we might have been, or should have been ; but the beautiful truth is that we have remained together . . and today we stand radiant and full of hope.

Yes, we are on the Path . . and we are on The Path together. You have learned much. You have come into a gradually perfected perspective of Life. You have begun to learn what is true value, what is of less value, and what is of no value. You have ordered your life somewhat, and through the creation (by right thinking) of right habits, you have come to feel that you are beginning to be a master of life conditions and a master of yourself.

Now, I ask you in this Commentary to REALLY THINK. Don't merely take these sheets and read. Give yourself time. Examine yourself. Try to feel what you used to be - and make comparison with what you are today. I say that you have found out what is of true value in life. You have found that material prosperity is not the ONLY thing that we have to live for. It is true that everyone is interested in things that create wealth and comfort - but we in Mentalphysics know that too much attention is given to matters of that kind, and we have learned that if we give less attention to the material side of life, recognising that we are spiritual beings, the development of the spiritual side of our life controls the material. Man is becoming less an unknown quantity to us, and as we progress in knowledge of the TRUE values of life, we are astounded why men are so slow to learn the real truth about themselves.

THIS SPACE IS FOR YOUR OWN NOTES

Man's ignorance of himself is of a peculiar nature. It does not arise from difficulty in procuring the necessary information because of its inaccuracy, or its scarcity. As a matter of fact, it is due to the extreme abundance and confusion of the data accumulated about man, and the lack of method of learning the truth.

You and I should give thanks that we are truly on our way, and that we are learning.

(a) The Right Way and the Wrong Way.

Much as we admire man's practical conquest over the material universe, we are now possessors of the knowledge that little advantage is to be gained by increasing the number of mechanical inventions. YOU ARE A SPIRITUAL BEING, and ALL THE VALUES OF LIFE ARE SPIRITUAL, for that is the ETERNAL value. Perhaps you will be interested in what the author of "Man, the Unknown" has to say in this regard, and I quote a paragraph which struck me as being essentially sound. He says :

> "It would perhaps be as well not to accord so much importance to discoveries of physics, astronomy and chemistry. In truth, pure science never directly brings us any harm. But when its fascinating beauty dominates our mind and enslaves our thoughts in the realm of inanimate matter, it becomes dangerous. MAN MUST NOW TURN HIS ATTENTION TO HIMSELF, and to the cause of his moral and intellectual disability.
>
> "What is the good of increasing the comfort, the luxury, the beauty, the size, and the complications of our civilization, if our weakness prevents us from guiding it to our best advantage? It is really not worth while to go on elaborating a way of living that is bringing about the demoralization and the disappearance of the noblest elements of the great races. It would be far better to pay more attention to ourselves than to construct faster steamers, more comfortable automobiles, cheaper radios or telescopes for examining the structure of remote nebulae.
>
> "What real progress will be accomplished when aircraft take us to Europe or to China in a few hours? Is it necessary to increase production unceasingly, so that men may consume larger and larger quantities of useless things? There is not the shadow of a doubt that mechanical, physical, and chemical sciences are incapable of giving us intelligence, moral discipline, health, nervous equilibrium, security and peace.
>
> "Our curiosity must turn aside from its present path, and take another direction. It must leave the physical and physiological in order to follow the mental and the spiritual." - "Man, the Unknown" - Alex. Carrel.

(b) A New World Ahead.

Now that we have come straight through to the Grand Rejuvenation Breath, we must be SURE of what we have learned . . we have eternity in which to do it, so there is no need for hurry. See the humor in this remark, passed by a person to whom I was conversing recently : "Ding Le Mei," - and then with great emphasis - "I am sixty-two. Don't you see how important it is for me to learn all this as fast as I can, before it is too late?" Yes, I do see ; but we Nobles of The Light know that WE ARE THAT . we know that IT IS DONE - and all that we have to do, realizing that there is no old age, is to rest in It. How grateful we should be that we KNOW.

But when you have climbed to a new level of vision on a mountain side it is wise to spend some time in contemplation not only of what one has learned and meditated upon, but what is now disclosed to the view in new vistas and horizons. During the next few weeks we are to study individual reviews of our own Commentaries - these are to be condensed interpretations of what we have learned, and the hope of my heart is that you will pick up many jewels as you pass slowly and meditatively further along The Path. This interpellation is instituted not only as a review of the facts that have been revealed to your mind, but as a vision of what is disclosed to the Single

THIS SPACE IS FOR YOUR OWN NOTES

Eye in spiritual grandeur. Keats speaks of the elation of Balboa, looking for the first time on the Pacific Ocean from a peak on Darien, as that of an astronomer "when a new planet swings into his ken".

IT IS THUS THAT WE SHOULD FEEL, WE NOBLES OF THE LIGHT - A new world awaits us.

You have been prepared - you have received - you have meditated, and now the time has come for CONTEMPLATION and EXAMINATION. Do not dwell too much upon the past, do not dream of the future too greatly, . . CONCENTRATE THE MIND ON THE PRESENT MOMENT. It is a worthy task to do the present duty well and to complete it; you should not seek to avoid it, you should not postpone it lightly. Your present duty is to analyze and review.

(c) In Humble Introspection.

Let us look back a little to our progress. As we contemplate what has been revealed to us we shall find that, starting with our very first lesson, we have been gradually led onward to the highest conception of Life Itself.

For what is it that we now look out upon? Truly a new planet swinging into our ken! Whereas before there were darkness, mystery, confusion, disorder, uncertainty, bewilderment - now there are LIGHT, TRUTH, ORDER, CERTAINTY, ASSURANCE . . ETERNAL LIFE. The vistas before us spread out as the Light in us increases . . the horizon deepens in the purer air at the level of the heights we have reached. And yet we have more to see, more to know, more to ponder over as we, on the one side, look backward, and on the other, look forward in contemplation upon the limitless beauty of living that awaits us in our greater knowledge. Then our command is "Onward, Onward!" But as our resolutions are reinforced, we must be SURE that we KNOW what we have learned, and that is the reason why, during the next few weeks, we shall review in some detail what we have learned in our Commentaries.

WE Nobles of The Light have discovered what Mentalphysics IS to us, and what it can be made to become. We know that it is the FINALITY of learning, and that, through Mentalphysics, we may lead ourselves to the pinnacle of our hopes, to the summit of what we are evolutionarily capable of receiving. We feel as Lao-tze, the great Chinese philosopher, felt when he spoke of the TAO.

> "If Tao could be offered to men," he wrote, "there is no one who would not wish to offer it to his prince. If it could be presented to men, there is no one who would not wish to present it to his parents ; if it could be announced to men, there is no one who would not wish to announce it to his brethren ; if it could be transmitted to men, there is no one who would not wish to transmit it to his children. Why then are you not able to acquire it? This is the reason : it is that you are incapable of giving it an asylum in the bottom of your heart."

We have been faithfully endeavoring to "give it an asylum at the bottom of our hearts", . . and we will not fail.

As we look about us - above, below, far outward and to the utmost limit of our environment - how earnest, how deep, how fruitful were the injunctions laid upon us to take hold with force of what we were learning, with all our might, physically, mentally and spiritually. We may have taken much of it lightly, . . relying, perhaps, upon our native adaptability to seize new ideas and forgetting how quickly that which is absorbed for the moment disappears even from the memory.

What must be our strongly-willed determination now as we enter into Contemplation? This :

> That I will devote myself to a re-study of every Lesson I have so far received, with that intense analysis which the scientist applies to every particle revealed to him in microscopic research.

THIS SPACE IS FOR YOUR OWN NOTES

I have no time? What does Time mean to one who stands on this height contemplating the glories into which our vision, our mind and our heart unite in solemn understanding of what we now KNOW WE TRULY ARE, and what we may grow to become if we truly desire. Time, like Death, is a human concept. We know that it is an invention of man to measure the distance between events. For US, Time exists no longer. We are already in Eternity. WE understand what John (in "Revelation") meant when he said : "And there shall be no more time." We can sympathize with Queen Elizabeth of England as she gasped out in her dying moments : "My Kingdom for one more hour of time." We all have all the time that there is - what matters is what we DO with our time - - - - - - - - - WHAT OF YOUR ZEAL TO DO?

The midnight lamp is the symbol of successful study - NOW is the time for us to work, so that we shall shape our whole destiny according to the LAW of LIFE ITSELF. Balboa toiled across the Atlantic, through the Caribbean, over the poisonous marshes of Panama to get a sight of the Pacific, and the poet pictures his joy and elation when the great ocean rolled out before his vision - but he gained it through struggling to gain it. Nothing is gained without toil. So YOU must work and study and find out for yourself, through the medium of your Commentaries. As pointed out to you previously, these Commentaries will be of little or no value to you unless you practise. I have been trying to evolve your mind (knowledge) through FEELING, but I cannot evolve or feel for you.

If you go through a Lesson without mastering thoroughly what has gone before, you will understand nothing. I want to warn you, also, not to be in a rush or exert yourself to any strain, for you will get tired, nervous and discouraged. What you must recognize is that you cannot go any faster than you are evolutionarily able to go. If you do not understand anything after due meditation, do not exhaust yourself, for you are not evolved enough to be able to understand. When, a week or a month later, you study that again, you will understand better.

(d) Preparing for Triumph.

I shall not consider it necessary to repeat this warning in each Commentary. From now on, you are your own Teacher, your Own healer, your own Priest, your own Monarch of the Universe. I am your Guide : I lead, but you yourself must tread the Path.

Do you remember this :

"I AM NOW PREPARING MYSELF FOR MY DAY OF TRIUMPH.
I AM NOW GROWING IN THAT KNOWLEDGE WHICH IS NEEDFUL FOR THE FULLNESS OF HAPPINESS AND USEFULNESS IN MY OWN TIME, PLACE AND STATE.
I AM NOW BEING SHOWN THE WAY, AND THE DOORS OF MY MIND ARE NOW OPEN THAT I MAY SEE THE WAY."

Prepare yourself this week for a great time that lies ahead . . I am KNOWLEDGE, KNOWLEDGE, KNOWLEDGE! The next few weeks will be most happy for you. We ARE Happy, and WE GIVE THANKS. Until next week, then, . my Peace I send to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Seventh Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
68

THE GRAND REVIEW ((2)) Retrospect
Commentaries one to three inclusive

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

"A SAGE MIGHT GOVERN THE WORLD WITHOUT TROUBLE (wrote a wise Chinese philosopher), FOR HE KNOWS HOW TO BE MODERATE ; NOT CLEVER, HUMBLE ; NOT LEARNED ; AND STILL, NOT ACTIVE."

Then he went on to show that he meant that "governing the world" is to "govern oneself" . . . "he who regards his greatest fullness as emptiness may employ himself without exhaustion . . his greatest skill is as stupidity . . . his greatest eloquence is as stammering . . . activity conquers cold - quietness conquers heat - but there is a purity and quietude by which one may rule the whole world."

As you are about to review what you have already learned in your Commentaries, building into your being the truth of your existence so that your life shall become more and more abundant, I counsel you to moderation, humility, stillness. The present (68th) Commentary reviews Commentaries One to Three inclusive.

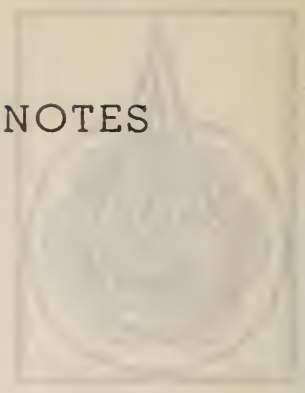
First - EXAMINE YOURSELF TO SEE WHETHER YOU HAVE BECOME MASTER OF CALMNESS, BALANCE and QUIETUDE.

Second -Sit for a short meditation, DECLARING THAT AS YOU SET OUT ON ANOTHER PHASE OF YOUR STUDY IN MENTALPHYSICS YOU WILL BE FAITHFUL . . . GIVE THANKS AS YOU HAVE NEVER DONE BEFORE FOR WHAT YOU HAVE ALREADY LEARNED, and if you are prompted to make a material love-offering to The Institute's work act on the impulse.

(a) How to Study.

When Commentary Number Sixty-seven comes to your hands, commence another binder, keeping this and subsequent Commentaries separate from those that have gone before.

THIS SPACE IS FOR YOUR OWN NOTES



1 - TURN BACK TO PAGE TWO, COMMENTARY NO. ONE. STUDY THE SEVEN POINTS --

i - To be perfect, your life must be orderly. (See where your life is not orderly. Analyze your life from an exterior angle, and make notes as to what improvement you would desire to see. Then analyze your life from an interior angle.)
ii - Life is Nature's full expression.
iii - Habit creates Memory. (You and Nature work by Law, the Law of Habit.)
iv - Memory built up by good habits.
v - The purity of a thing is its perfection.
vi - Light is Life.
vii - Life is expressed through foods - solid foods, liquid foods, rest as a food, breath as a food, thought as a food. . . and the greatest of all is Thought.

2 - Take each of these points into your Meditation ; if you care to do so, write short essays on each of them, and see whether you have truly come into full understanding of them so that you can say you LIVE them, and that your life is ordered by them.

3 - You will have noted that LIGHT (life) has several meanings.

In the PHYSICAL . . . . The Sun, the Moon, the Stars ; the light of the cells of our body.

In the INTELLECTUAL . . Clearer thought ; fuller comprehension.

In the SPIRITUAL . . . Peace, harmony, happiness. The spiritual light radiates through the physical body and forms the "aura" that can easily be seen by the intuitive ; the "aura" is the emanation of the Life, Thought and Emotions.

4 - Turning to page two of your Second Commentary, read again (A) Exercise for reading the "aura". Now, I hope that you have practised this, for when once you FEEL the force from another person you will doubtless have revealed to you very much of "Something" that will cause you to automatically respond to It. Study the instructions for this Reading of the Aura, and then practise, practise, practise.

I daresay that you may feel some diffidence in approaching another, but you will probably be able to interest someone in your own family. Of course, you should choose someone who is sympathetic, for without sympathy on the part of the "patient" you would have such a cloudy aura that you would not be able to feel very much.

5 - I condense for your study paragraphs on page three of your Second Commentary :

(i) IN YOUR PROGRESS TOWARDS THE LIGHT, REMEMBER THAT CONSTANT ASPIRATION TO KNOW THE UNIVERSAL LAW LIBERATES THE LIVING FORCE, UNDER THE DIRECTION OF THE CREATOR WITHIN YOU. THIS FORCE ACTS IN THE NERVE CENTERS, PRODUCING SUPER-PHYSICAL STATES OF CONSCIOUSNESS.

Therefore, be zealous and earnest always!

(ii) BACK OF EXPRESSION IS ALWAYS THE BEING THAT PRODUCES THE EXPRESSION IN ALL KNOWN SUBSTANCES, In IDEAS, ASPIRATIONS AND THE EMOTIONS.

THIS SPACE IS FOR YOUR OWN NOTES

The whole universe is the expression of its being. EVERYTHING WE FIND IN THE MACROCOSM EXISTS IN THE MICROCOSM.

Therefore, watch both!

6 - TURN TO PAGE TWO OF YOUR THIRD COMMENTARY --

Right Breathing . . . . (a) ORDERS the Physical Body
(b) Makes the mind happier and more inspired and hopeful
(c) Establishes Peace in the Spirit.

The great majority of human beings are not conscious of the great power of the PRINCIPLE OF LIFE within them. Man DOES NOT KNOW that he is the Creator of all his Good and of all his "Bad". When we, through feeling, KNOW it, LIFE IS A TRIUMPH OVER PRINCIPLE.

Memory is a faculty of the Subconscious Mind. Millions of our ancestors have filled it with wrong thoughts and emotions. We cleanse it through Breathings and Meditation. BREATH IS THE FOUNDATION OF COSMIC LIFE ; MEDITATION IS THE FOUNDATION OF COSMIC MIND. Cosmic Mind was never deductive mind, for it never had particulars to study and deduce from them universal Laws.

UNIVERSALS ARE THE LAW ; therefore, they are the whole and the reality of life ; they are the ideas, ideation, imagination, for they affect and create in the Subconscious Mind until it becomes the Superconscious Mind. And all these laws and forces are ONE LAW, ONE FORCE, THE ONE, the ABSOLUTE. And so we see that

(a) SUBSTANCE . . . . is ideally One --- but really multiple.
(b) FORCE . . . . . is ideally One --- but emanates from many substances.
(c) FORM . . . . . is ideally One --- but is a modification of substances.
(d) LIFE . . . . . is ideally One --- but is expressed in forms and substances.
(e) SPIRIT . . . . . is ideally One --- but is expressed in finite beings as separate individual spirits.

Therefore, to cleanse your Memory, practise, as indicated, the Memory-developing Breath daily ; Go into the Meditation appearing below and practise the following exercises:

(a) Each morning, after Breathing, sit opposite a mirror and say aloud to yourself : "John (use your own name) - Today you do not utter a single word of negation. You divide this day into short periods, living consciously each moment without negation, and each moment expressing JOY. Give thanks. You are the Silent Watcher over yourself throughout the day."

(b) Once or twice a day EXALT THE FIRE OF LIFE ; analyze your physical feelings, feeling Light, Vigor, Courage, Faith. . . . Take THE LIGHT : See it at the top of your head ; bring it to the base of the brain, between the shoulder blades, down to the small of the back, down to the base of the spine. Rest. Hold it between the buttocks and feel it flooding your glorious reproductive system, feeling the Fire. Bring it upward -- imagine that you feel heat around the navel, and in a "V" shape imagine that you feel and see it coming from the vital organs to the nipples, where it becomes narrower and narrower, until the two sides meet at the thyroid, forming an inverted "V". Draw it up further, flooding your beautiful face with Light, ending finally at the top of the head. THEN REST.

THIS SPACE IS FOR YOUR OWN NOTES

Then imagine that with your breath you are "fanning the Flame", so that you see the pure gold of the Light going OUTWARD . . . AND YOU KNOW THAT "MY WHOLE BODY" IS FULL OF LIGHT.

MEDITATION FOR THE WEEK :

"I AM ESSENTIAL SUBSTANCE. . . I TAKE REFUGE IN THE ORDER OF SUBSTANCE."
(I lack no good thing. ALL is mine, for I draw my substance from the Lord of All Substance - Substance is order, and abundance, and beauty, and Substance is LOVE.)

"I AM ESSENTIAL FORCE . . I TAKE REFUGE IN THE ORDER OF FORCE."
(I am Energy. . . My Energy is ever flowing from the Ocean of Energy of Life. Energy is LOVE)

"I AM ESSENTIAL SPIRIT . . I TAKE REFUGE IN THE ORDER AND SILENCE OF SPIRIT."
(I feel the Silence and the Order of Silence within me. I am essentially a part of the Universal Spirit which causes me to express Life.

"I AM LIFE . . ETERNAL, NEVER-ENDING, EVERLASTING . . I AM LIFE."
(My Life is never-ending. I am eternally linked with Universal Life. I am Immortal, Indestructible, Exhaustless, Self-manifesting . . . I am Immortal, in immortality now. I am Life eternal. I am eternal Life)

In the above sublime Meditation you should be able to feel yourself floating, so to speak, into the Eternal Light. You should come out of your Meditation with a feeling of bliss, and you are counseled to hold this vibration with you every moment of the day.

Be faithful in your review of Commentaries Number One, Two and Three.

Give Thanks - Be Happy - KNOW THAT YOU ARE THE CREATOR IN HUMAN FORM AND WALK HUMBLY BEFORE GOD.

My Peace I send unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Eighth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber
of the Science of Mentalphysics

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COMMENTARY
69

THE GRAND REVIEW (3) Retrospect

YOUR BREATHINGS FOR THE WEEK:

1. Morning - Silent Breathing of the Memory-developing Breath, directing the force that you feel to every part of the Physical body, so that when you come out of the Breath you feel a glow in every cell, transforming your Body into perfection of health and vigor.

2. Evening - Silent Breathing of the Memory-developing Breath, feeling your life force being directed to the Spiritual body, so that you feel your Mind to be so full of LIGHT that it is impossible for you to feel or do or think or say anything that is negative - "the Light of Divine Wisdom is bathing me, and I know that it is so."

MEDITATION FOR THE WEEK:

During the first three days -

"I AM ESTABLISHED IN ORDER - INTERIOR ORDER, EXTERIOR ORDER
"THE POWER OF MENTALPHYSICS IS SPREADING THROUGHOUT THE WORLD."

During the last four days -

"I AM ESTABLISHED IN LIGHT. I AM THE INTERPRETER OF THE WISDOM OF THE UNIVERSE. I AM THE CUSTODIAN OF THE SUPPLY OF THE UNIVERSE."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Give yourself much to silence during this week - meditate upon the construction of the Universe - Substance, Energy, Wisdom. There is interior order ; therefore, there must be exterior order. If you consciously recognize and realize the exterior order, perforce your interior world (your consciousness) becomes orderly. I wish you to turn back to the commencement of your Fifth Commentary, reading

THIS SPACE IS FOR YOUR OWN NOTES

thoughtfully page one and the first four lines of page two. Let it sink in.

Do you FULLY see that the Universal Mind KNOWS ALL THINGS through the One Idea, which IS ITSELF. Through meditation, you will approach and come to that same Unity of Knowledge. When we understand the essence of the Divine (Universal) Mind, we see all that exists and can exist . . . we lose ourselves in it, as in a sea. We grow in consciousness of it all. As matter tends constantly to higher and higher forms, so THOUGHT tends to higher and higher EXPRESSION, for Man deductively ascends from things to ideas.

THEREFORE, THE MORE UNIVERSAL OUR IDEAS BECOME, THE NEARER WE APPROACH THE ESSENCE OF THE GOD-THOUGHT.

THINGS EXIST BECAUSE GOD KNOWS THEM . . . MAN KNOWS THEM BECAUSE THEY EXIST.

(a) Cosmic Order.

If you will now turn to your Fifth Commentary (page 2), you will read this :

"The Greek word, Kosmos, means ORDER, ornament, and hence the Universe is an orderly and beautiful system of harmony. . . The Cosmos, then, is the sum totality of all existing things united in harmony. . . . . The Cosmos contains within itself seven kingdoms - hence the sevenfold principle within the sevenfold Universe."

1 - There then follows a description of the seven kingdoms - the Ethereal, the Sidereal, the Mineral, the Vegetable, the Animal, the Human, the Spiritual. After this there are given the names and the qualities of the Five Tattvas. You should re-read this, and above all, I would meditate upon the supreme ORDER of the Universe. We know that the Universe has really but One Substance, and that is LOVE. There are the seven "divisions" of the Cosmos ; at the basis of it all is BREATH - The HOLY BREATH OF LIFE.

2 - You should then re-read and THINK upon the paragraph on page 3 "(b) The Tattvas and Their Effect" the subtle ethers from which the Cosmos comes. In their delicate influence upon all living things, they CAUSE LIFE TO BE. The Tattvas are :

(i)	AKASHA	..... The sound vibration ; directs the	HEARING
(ii)	VAYU	..... The Tangiferous vibration (the air) directs.	TOUCH
(iii)	TEJAS	..... The Luminiferous ether (the fire) directs...	SIGHT
(iv)	APAS	..... Possesses the property of contraction (the water) ; directs	TASTE
(v)	PRITHIVI	... The odoriferous ether (the earth) directs...	SMELL

Each Tattva has positive and negative phases. They maintain perfect rhythm when not interfered with. BUT WE ARE TO LEARN THAT OUR THOUGHTS AND EMOTIONS, FEELINGS AND ACTIONS AFFECT THEM, CREATING ALL KINDS OF DISBALANCES, THAT CAUSE DISEASE AND DISHARMONY. We thus see that the Tattvas are subject to influence from within and without.

BUT THE POINT I AM EMPHASIZING IS THAT THE TATTVAS SUPPLY THE POSITIVE AND NEGATIVE FORCES THAT GIVE LIFE. Think long on this, and many wonderful ideas regarding the supreme Order of the Cosmos will come to your mind.

NOTE: I ask you to consider what you have learned in your Commentaries about "Tao" - the unnameable. The word TAO has an inner-world significance and means "the right way". On the one hand, the way of Heaven, on the other, the way of man. It is the undivided "One". Out of Tao there develop the principles of reality, the one pole being LIGHT and the other Darkness.

THIS SPACE IS FOR YOUR OWN NOTES

In the Chinese Light is "YANG", and Darkness is "YIN". Yin is shadow, therefore the north side of a mountain and the south side of a river (because during the day the position of the sun makes the river appear dark from the south). Yang is the south side of a mountain and the north side of a river. Among European investigators, some have turned first to sexual references for an explanation of these two Chinese characters (words), but the characters refer to phenomena in nature. Yin and Yang are only active in the realm of phenomena, Yang the active principle, Yin the passive principle.

There are many references of this kind in ancient philosophy that confirm the one Truth of Life. And all ancient philosophy also proves that the Essence of Life is LOVE.

(b) The Great Law of Love.

As you read again "(c) The Effect of the Tattvas" (pages 3-4, Commentary Five) you will go very deeply in your thought into this transcending ORDER of Life, and, as I remark in that Commentary, you will remember that in considering the Cosmos you are considering YOURSELF, the Microcosm. I emphasize "We see that Prana, or Solar Force, or the Life-Giving Principle interpenetrates all matter. Perpetually playing upon it, it causes different rates of vibration in the different densities. The more subtle the matter OF YOU, the less resistance is there to this Force, and the higher is the vibration and the resultant consciousness."

How strange it would seem to the uninitiated mind to be told that EVERYTHING in the Universe is LOVE! Probably to us, who are Nobles of The Light, it is not yet fully understood --- but it is the Truth.

Thought is Love.
Energy is Love.
Substance is Love.
ALL is Love.

Love has its ONE LAW. That Law is to Give and to Receive. But we cannot receive before we give - we must give first.

Earth (the Womb) needs the seed for the harvest. (Think of this simple statement, and many profound ideas will come to you. You, your body, would not be, had it not been for the seed from which it grew. Think of the whole of Nature from the point of view of seed-sowing.)

Thus we see that we must try to give as much as we receive - and more, for only thus can we grow capable of receiving more and more abundantly. Do you clearly SEE the logic of this? We CANNOT RECEIVE unless and until we have first GIVEN.

Then, we must try to give, as far as we can, in the same substance in which we receive. Certainly we must always give in the highest substance at our command. IF WE RECEIVE IN SPIRITUAL SUBSTANCE, WE MUST TRY TO REPAY IN SPIRITUAL SUBSTANCE, BUT WE ARE OBVIOUSLY UNABLE TO REPAY IN SPIRITUAL SUBSTANCE TO THOSE FROM WHOM WE RECEIVE. What can you give to your PARENTS for the life they gave to you? What can I give to my Master in Tibet for that entirely invaluable spiritual knowledge that he gave to me? What can we give to God for all that we receive from LIFE?

HE WHO RECEIVES SPIRITUAL VALUES AND FAILS TO MAKE ADEQUATE RETURN MERELY DEGRADES HIMSELF . . . THE LAW IS THAT WE MAKE EQUAL RETURN - IF NOT IN THE SAME SUBSTANCE, THEN IN THE NEXT LOWEST SUBSTANCE POSSIBLE TO US.

We must never accept anything whatsoever without making ideal return. Some people think that they make return enough merely by saying, "I thank you" or "God bless you",

THIS SPACE IS FOR YOUR OWN NOTES

without even meaning what the words say. Return cannot be made with empty words or with empty thought that empty words express. THOUGHT THAT DOES NOT LEAD TO ACTION IS ABORTIVE AND FUTILE.

(c) The Mystic Fourfold Law.

By the Mystic Fourfold Law we receive AS we give. If we give love, we receive love. . . if we give money, we receive money . . . if we give strife, we receive strife, and the less we give the tenser we are when we give, the less we receive.

WHOEVER WITHDRAWS HIS HAND AFTER RECEIVING, PUTS HIMSELF INTO A STATE OF SPIRITUAL PAUPERIZATION, INTO A POVERTY CONSCIOUSNESS, WHICH IN TURN MEANS MATERIAL PAUPERIZATION. Some people - indeed most people - refuse unknowingly to leaven the whole lump with what they can, thinking that they can cheat the fundamental Law of Love, the greatest of all . . . and they only harvest poverty in its different forms. This is the cause of so much poverty and lack in the whole world. It is a deep secret, and we Nobles of The Light should consider it most carefully so that we may live by and in The Law.

We cannot ever get something for nothing, though it sometimes appears to be possible. When we think that we can benefit at the expense of another, we are merely deluding ourselves.

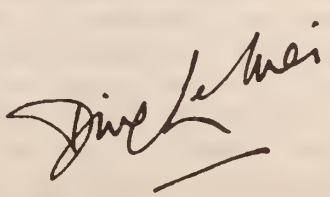
When we receive spiritual values, and cannot return value for value (that is, in spiritual values), we must give what we can in material substance - and give in relaxation, in Joy, with the soul, giving ourselves with the material substance that we give, lest our gift be vain and seedless.

When once we come into this beautiful realization of the Law of God's World, we have gone far. Then we USE and USE and USE all the time that we have, and as we use it it multiplies for the purpose that we use it for - good for good, evil for evil. It is a law that has to be practised to be known. Just imagine what this earth will be like when every man and woman rightly uses for the benefit of others -- and consequently of himself and herself -- all that they have . . . IT WILL BE HEAVEN ON EARTH IN VERY TRUTH.

Think, then, this week on this great Law of Love and how it gives of itself to sustain and increase itself. Much joy will come into your mind as you think upon it. In our next Commentary we will go into the inescapeable Law one step further. Be happy this week . . . do not vainly wish that you had what you have not, but set about USING rightly what you have. All is well. You are a divine interpreter of the wisdom of the Universe and a divine custodian of the substance of the Universe.

My Peace I send to you. Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Ninth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

70

THE GRAND REVIEW (4) Retrospect

YOUR BREATHINGS FOR THE WEEK:

1. Morning - Same as last week. If you do not succeed in almost instantaneously feeling the glow, then breathe a little physically, not silently, so that you can imagine the sensation of the breathing that you feel in the nostrils as being all over the body.

2. Evening - Same as last week.

MEDITATION FOR THE WEEK :

Same as last week, dividing the week into the two periods indicated in your Sixty-ninth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Your Sixty-ninth Commentary has inspired you to deep contemplation on the wonderful Order of Life, and you are coming gradually to KNOW your place in the Universe. You see that we ARE - in every phase of life, no matter how much not so it may appear - exactly what we give to the Universe. Life is mathematical exactitude.... it is absolute Order everywhere. With this thought deeply rooted in our minds, we, as students of Life, naturally desire to KNOW what is at the basis of all the transcending ORDER that we are coming to understand. How can I consciously get to KNOW it? . . how can I build it into my own life? . . . Thought is your only force.

The man who accepts tradition, without independent personal thought, does not perform any individual function in relation to human progress unless, by transmitting the tradition he receives from the preceding generation to the one following, he makes himself, so to speak, one of its inert and mechanical channels. He who accepts and uses all the traditions of the past, subjects it to critical examination and profound reflection, and adds to it the result of his own devoted labors, thus transmitting it to posterity in a larger, purer and more integral form, is a true minister of light. In the measure of his powers, equipment and opportunities, he is an important factor in the higher evolution of mankind.

THIS SPACE IS FOR YOUR OWN NOTES

Now, if there is anything real under the sun it is the Law of Giving and Receiving that we reviewed in our last Commentary. It is a Law as old as life. If we receive the tradition of this Law, and act upon it, that is good. But if we are the man who accepts and uses it, and transmit it through our greater knowledge of it because we have thought upon it, that is better. I am going to tell you now what the Law is, but that does not make you KNOW the Law. The only way that you and I can KNOW that the LAW of the Universe for us is to give all that we have, is by PRACTISING THE LAW. Let us see what the Law is :

FOR EVERY MAN (and for every living thing).	There is demanded by Nature, who extracts the tithe whether it is known by him or that from whom or which it is extracted, TEN PER CENT tithe towards life. (Though a man may think this all very foolish, and though he may not believe in tithing, the Universe, by its LAW, takes ten per cent of that which he has) This cannot be "explained" - one has to practise the Law to find how it works. I make bold to say that if a person is not definitely tithing himself, and will start in to do so, in the spirit of joy in giving, he will find that what will come back to him, from sources that he knows not of, will be at least four times that which he tithes. BUT WE ALL MUST CONTRIBUTE TEN PER CENT TOWARDS LIFE, and we cannot contribute less than this amount - if we do not give it as the seed, Nature takes it as a fine.
FOR THOSE WHO ARE ON THE PATH, and who UNDERSTAND THE SEVENFOLD PRINCIPLE OF THE UNIVERSE	One-seventh tithe towards Life. This is a Law that is little understood. Only those who have definitely come into a knowledge of the integral side of life can understand it, and they understand it through practice of giving. Having been initiated into the Principle of the Universe, knowing that the "fear of the Lord is the beginning of Wisdom," we find the aspirant develops the growing desire to share his knowledge and his increased well-being with others. He realizes that only as he shares with others can he himself make progress. He remains in the oasis that he has discovered, and desires that every human being should drink of the waters of life that he has found, and learn The Law as he has proved it. He gives one-seventh of his substance to the Universe.
FOR THOSE WHO ARE IN THE LIGHT AND WHO HAVE PROVED WHAT THE Light IS - THE TRUE INITIATE	One-third tithe towards Life. The True Initiate knows - he has proved it through his own experience - that there is only one aim and hope, and that is to save his fellow man and regenerate the race. Understanding the Law of Being, he knows that he cannot live unto himself. He is a minister to men.
FOR THE MASTER AND SEER .	ALL that he has and is. He gratefully acknowledges that this is the least he can offer for what has come to him - for he knows THAT HE IS THE LIGHT ITSELF, the Creator in Human Form. He knows that

IT IS WHAT WE GIVE THAT WE TRULY POSSESS, WHAT WE HAVE, WHAT WE ARE.

(a) The Realization of Immortality.

Having organised our life in rhythm with Life's Law, we pursue the final knowledge of life - THE REALIZATION OF IMMORTALITY (PERMANENCE OF CONSCIOUSNESS). The realization of Immortality is in direct proportion to the rate of vibration and in inverse proportion to the density of medium. We are Immortal NOW, in Eternity HERE,

THIS SPACE IS FOR YOUR OWN NOTES

according to our consciousness.

As consciousness is played upon by force, the higher the level of consciousness the more subtle the matter and the more refined the vibration. THE MASTER, the SEER, he who gives ALL, the True Initiate, is a highly dynamic center of Divine Consciousness.

Prana, Solar Force, or the Life-Giving Principle interpenetrates all matter. Perpetually playing upon it, it causes different rates of vibration in the different densities. There is no mystery about this, but when we get it fixed in our consciousness we realize that we have learned a great secret of life. The more subtle the matter of YOU - or of any other living thing - the less resistance is there to the Cosmic Force, and the higher are the vibration and the resultant consciousness.

EVOLUTION OF CONSCIOUSNESS IS CAUSED BY THE PLAY OF THE LIFE-GIVING FORCE OR (UNIVERSAL) UPON OR WITHIN MATTER.

The unfoldment of the super-sensible or spiritual nature of you is but the progressive manifestation in you of that vital energy derived from the Highest Light (the Sun behind the Sun), the Sun and its Divine Source. And as we grow in this manner, so do we come nearer and nearer to the realization of Immortality.

(b) The Universal Fire (Solar Force).

Asks the Scientist : Is that which is called the Paraklete, or the Light of the Logos, that which, when energized, becomes what may be described as living, conscious electricity of incredible voltage, hardly comparable to the form of electricity known to the physicist?

Replies the Occultist : THIS FORCE CAN BE GOVERNED BY MAN, AND, WHEN GOVERNED, IT IS THE INSTRUMENT WHICH THE SOUL USES TO BUILD UP MAN'S SOLAR OR SPIRITUAL BODY.

Says Paracelsus : The Paraklete or Super-Solar Force (the Force of the Sun Behind the Sun), Solar Force (the Force of the Sun), and Lunar Force (the Force of the Moon) are the true Solar Force.

Says Hermes : "The Sun and the Moon are the roots of the Art."

By constant aspiration and desire to know God's Law, there is liberated in us that Force which is the Living Flame which acts under the direction of the God in man, and without the conscious effort of the finite mind. "This Fire," declares Gabalis, "once liberated begins immediately to displace the sluggish nervous force, and to open and perfect those nervous centers or minor brains atrophied by disuse, which when regenerated reveal to us super-physical states of consciousness and knowledge of man's sovereignty over Nature.

This Solar Force manifests itself on the physical plane of life by passing through the "nervous centers, the minor brains", the ganglia of the sympathetic nervous system, and thence up the spine to the brain.

Here its currents unite to build up the deathless Solar or Spiritual Body. The following simple picture may be formed in your mind:

(1) - The Solar Force strikes the Solar Zone of your body. It then ascends - the positive by the great cable on the right and the negative by the great cable on the left of the spine. In its passage from one ganglion to another its voltage is raised, and it awakens and is augmented by the power peculiar to each ganglion which it dominates.

(2) - These ganglia concentrate the Fire of the Solar Force. Breath (Vibration) does this work - in the physical plane by expressing greater physical

THIS SPACE IS FOR YOUR OWN NOTES

well-being ; in the mental plane, by making us happier and more buoyant and more ambitious ; and in the spiritual plane by enjoying greater spiritual peace by virtue of our greater knowledge of the Law of the Universe.

(c) Exalting the Fire.

When you get to this point in this Commentary, turn back to Commentary Number Six. Read the first two pages very carefully, and then, in utter humility, realize how true it is that we can only ascend in knowledge as we have gained in the understanding of that which is below. I hope that we have long since learned that in Mentalphysics we are literally playing with Fire - the fire of the Solar Force; the Fire of Wisdom.

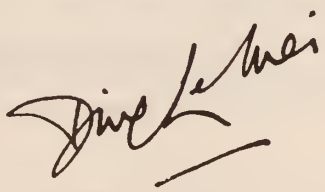
When we were studying our Sixth Commentary we doubtless did not appreciate as we do now that knowledge as to the development of this Force has been sacredly guarded in all ages, lest man through ignorance should use it to his destruction. We probably can now appreciate the caution with which we have been led into these matters. It is for us NOW to feel that we have learned somewhat, and that we can safely live what we have learned. We know that we are on sacred ground. We know that unless we are governed by our Higher Self, and with selfless purpose pursue this knowledge, it will intensify the lower passions, instead of our high intuitive powers, and make us a destructive force working contrary to the Law of Nature.

It is to be hoped that we have learned already in Mentalphysics that this is true. We are on our way, and little by little as we practise we come into this glorious realization.

I trust that this week will be one of the most wonderful weeks you have ever spent. LIVE IT! Be happy - Give thanks - Praise the Wondrous Spirit within you, and KNOW that you are the Creator in human form. I advise you, during these few weeks that we are reviewing the early Commentaries, to live quietly. Do not think that these present Commentaries contain all that you are to learn. Realize that you are to do your own thinking . . . these Commentaries are merely for the purpose of causing you to think. So let this week be a time of high thinking. Watch your diet. Do not sleep too much - nor too little. Be temperate in all things.

My peace I send to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventieth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

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COMMENTARY **71**

THE GRAND REVIEW (5) Retrospect

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY :

Concentrate this week upon the secret exercise outlined in your Sixth Commentary, pp. 2 - 3 - 4. Make this the principal exercise, with as many of the others as you personally desire to carry out. Turn back to your Sixth Commentary, and if you have not fairly regularly carried out this Contracting exercise, be quite sure that you study the technique before you begin. And remember - TELL NO MAN. This is the exercise par excellence for Exalting the Fire: but we must keep it sacred to ourselves.

MEDITATION FOR THE WEEK :

Same as in your last Commentary, adding whatever you personally desire to add.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

You are advised above to concentrate your attention this week on the secret exercise taught in your Sixth Commentary. Read now the first page of your SEVENTH Commentary; . . . "GUARD WELL THY FORCE -- AND BE SILENT ON THESE THINGS. Remember that you can only REALIZE anything through practice, and to seek the PURE GOLD OF LIFE ITSELF requires more than ordinary watchfulness in practice. Analyze yourself in regard to the three points that are mentioned on page two of your Seventh Commentary ----

(a) IS your progress such that you know your body to be "light and free and supple"?

(b) IS your mind "free and clear"? (Think what this means - is your mind FREE - free from all negation of whatsoever kind?)

(c) ARE you, spiritually, "constantly at peace"? (Do not hurry in making up your mind over these three points.)

THIS SPACE IS FOR YOUR OWN NOTES

(a) Need for Absolute Honesty.

I again emphasize that in your present Commentaries, forming a Grand Review of previous Commentaries, you are to be entirely honest. If you feel that you have NOT thoroughly mastered what you have been taught, NOW IS THE TIME FOR YOU TO GO BACK AND BE SURE THAT YOU DO IT. You will find that if Mentalphysics has become by habit a mere intellectual study, you will experience increasing difficulty in formulating and profiting by your practices . . . . and, as you know, I emphasize PRACTICE all the time. Read your Seventh Commentary most carefully.

Having done so, TURN TO YOUR EIGHTH COMMENTARY. I regard your Eighth Commentary as one of the most important of all the Lessons that have gone to you, for it deals with your SUNRISE, the origin of Light. Read the "Special Instructions" on page one. This exercise, though simplicity itself, is of the very utmost significance . . . WATCHING YOUR SUN RISE. You should prayerfully go over page two and that part of page three that ends at Para. B. To the uninspired mind there may be some doubt as to the efficacy of watching the sun rise, but when once we release the secret meaning within us, we FEEL THAT WE ARE CONSTANTLY IN THE LIGHT -- THAT WE ARE NEVER OUT OF IT -- THAT WE ARE CONSTANTLY BATHED BY THE LIGHT OF THE SUN THAT WE SAW WHEN WE WITNESSED THE COMING OF THE DAWN.

You see, My Beloved, the Sun is the highest symbol of Light that we can contemplate, and it is within our power to create the Kingdom of Light WITHIN US in exact correspondence to the kingdom of Light that we see within the Sun.

(b) Why Do Men Disagree on Essentials.

I cannot emphasize too much why you should undertake this exercise in the most reverential attitude of mind. So often we hear people, when they do not understand anything, say "I would like to have a little more light on this subject." The reason that they do not understand is the lack of LIGHT. It is the same down through all the strata of human thinking - we lack for LIGHT . . . yet WE ARE THE LIGHT. When one thinks about it, it is easy to see that if we have enough Light on everything, we shall KNOW everything. Lack of Light means lack of knowing. And brought down to its final point, if we all were constantly IN THE LIGHT OF DIVINE WISDOM (for that is what Light is), there would be nothing that we would not know. All differences of opinion among men means the difference in the quality of the LIGHT that they enjoy.

Says Gabalis :

"As soon as the soul gravitates towards body in the first production of herself she begins to experience a material tumult, that is matter flowing into her essence. And this is what Plato remarks in the Phaedo, that the soul is drawn into body staggering with recent intoxication, signifying by this, the new drink of matter's impetuous flood, through which the soul, becoming defiled and heavy, is drawn into a terrene situation. . . . Hence oblivion, the companion of intoxication, there, begins silently to creep into the recesses of the soul.

"FOR IF SOULS RETAINED IN THEIR DESCENT TO BODIES THE MEMORY OF DIVINE CONCERNS OF WHICH THEY WERE CONSCIOUS IN THE HEAVENS, THERE WOULD BE NO DISSENSION AMONG MEN ABOUT DIVINITY.

"But all, indeed, in descending, drink of oblivion, - though some more, others less. On this account, though Truth is not apparent to all men

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on the earth, yet all exercise their opinions about it ; BECAUSE A DEFECT OF MEMORY IS THE ORIGIN OF OPINION. But those discover most who have drunk least of oblivion, because they easily remember what they had known before in the heavens."

The above shows how and why there is so much dissension and strife in the world of men's affairs - in short, the LACK OF LIGHT. There are many locks upon the portals of life's mysteries ; but when we are fully in The Light, all things are unlocked for us. In the Light, we find that the Mind is our measurer, and ACTION the last end of thinking.

(c) The ART of Living.

As I remarked at the beginning of your Eighth Commentary, we can now truthfully say that we are devotees of the ART of Living. You will also remember that Tagore, when asked "What is Art?" replied : "IT IS THE RESPONSE OF MAN'S CREATIVE SOUL TO THE CALL OF THE REAL." The art of LIVING is to find LIFE.

And how wonderfully Man is made for this purpose - to find HIMSELF. What an abundance of tools and materials we have to experiment with! We have EVERYTHING in the Universe without to find what is actually in the Universe within. No matter what we may be engaged in, all that we are doing - sometimes consciously, most times unconsciously - is to find, through living, what Life is. What infinite Order! What measureless Beauty! What glorious progression everywhere! What LIFE - LIFE - LIFE! . . . And we see it all, and come to know it all, through its own LIGHT. What magic awaits us all, as we proceed gradually into the inner regions of The Light!

The man who thinks wills to know. The man who does not think cannot know, and becomes the slave and property of other minds, but he who thinks, wills to know, and by the pressure, so to speak, that his thoughts make upon The Light, becomes the expression of the God within himself. The Light is the primordial electricity or Solar Force, semi-latent within the aura of every human boing. Down through the ages it has been known to the Wise Ones - to the Greeks it was Speirema, the serpent-coil. In the Upanishads, the sacred writings of India, it is said to lie coiled up like a slumbering serpent. In the third chapter of the Book of Genesis it is symbolized as the serpent, "more subtil than any beast of the field which the Lord God had made."

Know, then, how vitally important it is to you that you fully acquaint yourself with the exercise which will lead you gradually to an understanding of THE LIGHT.

(d) The Light and The Silence.

Contemplate the following, which appears in your Eighth Commentary (p.3) ; this will enable you to divide manifestation on all planes - and you know that at the back of it all is THAT . . . THE LIGHT, the Universal Spirit, which is in one form the principle of all growth :

1 - THE EGO	Pure spirit ; Pure LIGHT ; Purity	In.Nature -	GOLD.
2 - DIVINE SOUL . .	Higher Mind ; Higher (or Super) Consciousness	do.	SILVER.
3 - SPIRITUAL BODY.	Consciousness (The Conscious Mind).	do.	MERCURY.
4 - ANIMAL SOUL . .	Instinct ; the Subconscious Mind, which causes matter to be in motion	do.	IRON.
5 - ASTRAL BODY . .	Memory and Feeling	do.	COPPER.
6 - ETHEREAL BODY .	Sensation	do.	TIN.
7 - PHYSICAL BODY .	Flesh ; physical substance	do.	LEAD.

THIS SPACE IS FOR YOUR OWN NOTES

The symbol of all this - and, indeed, of everything in the Universe (the Macrocosm) - is your body (the Microcosm) ; your body is the divine instrument, the Immortal Jewel, for it is through the instrument that happily we come to feel the Force and know the Light . . the ART of Living. By holding and circulating and fixing the Light, we pass through our earth-body to our Spirit-body, and in the Silence (which is the mother of Light) we witness the birth of the Light and know that it then shines of itself. But again ---

NOT WITH ONE LEAP CANST THOU SUDDENLY ATTAIN, . . WHOSO SEEKETH ETERNAL LIFE MUST SEARCH FOR THE PLACE WHENCE ESSENCE AND LIFE ORIGINALLY SPRING.

I repeat for your prayerful study here what was written in your Ninth Commentary - see whether it has a deeper meaning for you now than it had at the time you were in the study at that time:

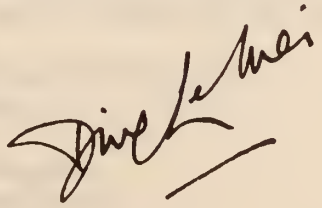
"In the Silence, as we learn truly to enter it - radiant and unafraid - we discover the Elixir of Life, the Light of Divine Wisdom. . . This is the Law of Re-embodiment, and through our THOUGHT - pure as the essence of Spirit, we ourselves can become so purified through practice as to use the primordial power of the Creator within us to reestablish constantly a balance in conditions that we have unconsciously caused to be thrown out of balance. Through the circulation of the Light we begin the practice of REAL MASTERY. In the truly ascended state - when we follow the Law in Absolute Love to Every Living Thing - we come to control the atomic structure of our world, just as a sculptor controls the substance under his fingers. This writer has met men who can change their bodies, and go wheresoe'er they will, just as easily as you and I can change our clothes. If they can do this, we can ; but they, through practice and discipline, have learned the way.

"We are apprentices in the art, but as we enter The Spirit, and become the Spirit, we shall be able to do likewise."

You will have a happy week this week. I ask you to feel near to me as your Teacher - feel near to us all at The Institute. Every meeting of the Inner Chamber we think of you and speak of you - for we recognize that we are all one Royal Family.

My peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-First Commentary,
Inner Chamber

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COMMENTARY
72

THE GRAND REVIEW (6) Retrospect

BREATHING INSTRUCTIONS FOR THE WEEK :

If you have been concentrating upon the secret knowledge given you in the Contracting Exercise, and if you have been faithfully carrying out what you have been taught, you will have discovered something that you could not discover in any other way. There is nothing that can take the place of the work that you undertake in doing this exercise, and I hope that you are not only reading about, but doing it.

MEDITATION FOR THE WEEK :

The more you do the physical part of the Contracting Exercise, the more time you should spend in Meditation. If it is possible, I would spend three short periods each day for Meditation - one before you begin the daily duties, one about noon (before luncheon), and one before dinner at night.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I advise you to go back to your Tenth Commentary and read it thoroughly before you go on further. There is much food for thought in that Commentary, and I reprint here this exquisite declaration of the Truth which appears on the second page of that documentary lesson :

"Holy is God, the Father of All Things.
Holy is God, whose Will is performed and accomplished by His Own Powers.
Holy is God, that determineth to be known: and is known of His own, and those that are His.
Holy art thou, that by Thy Word hast established All Things.
Holy art thou, of whom all Nature is the image.
Holy art thou, whose nature hath not formed.
Holy art thou, thou art stronger than all strength.
Holy art thou, thou art greater than all excellency.
Holy art thou, thou art better than all praise.
O, Thou Unspeakable, Unutterable, to be praised in silence.
I beseech thee that I may never err from the knowledge of thee ; look mercifully upon me and enable me, and enlighten with Thy grace all that are in ignorance, the brothers of my kind, but Thy sons.

THIS SPACE IS FOR YOUR OWN NOTES

Therefore, I beseech Thee, and bear witness, and go into The Light and Life.
Blessed art Thou, O Father!
Thy Man would be sanctified with Thee, as Thou hast given him All Power."

(a) Re-emphasis of Living What We Know.

What, above all, we have to avoid is to endeavor to understand IT through the Intellect. WE MUST LIVE IT . . . BE IT ; and you can see that when we begin only to think ABOUT It, we prevent ourselves from being It. Therefore, once again, practise, practise, practise!

What do I mean? This : About three and a half months ago, a lady of ninety entered Mentalphysics. She had not walked for thirty years, though she had been in other forms of religion and philosophy, and believed that she would sometime be able to walk. She had not found the way, however, which led her into practice. In less than four months, she found the way through Mentalphysics, and wrote me telling me that she had walked one mile. Now, think on this - here was a lady who had not walked for thirty years (and that is a long, long time), walking one mile after fourteen weeks of practice of uncovering the power within her to walk -- and so she walked. All the reading and all the intellectual investigation avails little . . we must BE It.

After thoroughly studying your Tenth Commentary (not forgetting to ponder on what is written about the "Masters" on page one), turn to your Eleventh Commentary. There is so much of a truly majestic nature in this Commentary that I find difficulty in making any comment in review. I can only wholeheartedly recommend to you that you study it faithfully, so that you shall not miss any of the deep inner meaning contained in its pages. Take this passage on page 2 :

"This, My Beloved, is your destiny and mine . . . To return to the Source, the Father-Mother-God, 'from whence we came', or, better, 'IN WHOM WE LIVE', though our senses have led us astray.

"To reach the place where carnality is left behind, and to arrive at the portal of our Divine Abode, a God-Conscious Man. We are THAT now, - we are THERE now. But, as I advised you in your last Commentary, we must be practical. We are on this plane - we must engage in all activities of this plane that are necessary to bring us the right experience. You are in business - you must follow your business, but you must train yourself through the TRUTH of your own life to know that all that you do and say and think and feel is in the Perfect Order of the Universe. Every thought is flowing from the Infinite Source of Spirit-Thought - you are its faultless interpreter . . You are engaged in many varied activities, and find that your days are full . . . but it is not you who are doing these things . . you are so tuned and refined to the Solar Principle of Light that, with absolute rhythm and doing nothing to disturb the rhythm of THAT within you, your life is a perfect reflection of the Principle.

"When we gather to ourselves this simple idea, how wonderful LIFE becomes! There is NAUGHT that is wrong - NAUGHT that is negative - NAUGHT that is Dark ****** for ALL IS LIGHT, the Light of the Divine Wisdom that Is in Every Living Thing."

Read over and over again the above. As you read, FEEL that you know that NAUGHT IS WRONG OR NEGATIVE OR DARK. Your own life is LIGHT, LIGHT, LIGHT ----- why? Because you know that THERE IS NAUGHT BUT LIGHT, for God is ALL and God is EVERYWHERE in EVERYTHING.

THIS SPACE IS FOR YOUR OWN NOTES

(b) Secret of The Healing Breath.

I emphasize that you read carefully and prayerfully "(b) The Journey to the Heights" and "(c) The Habits Are the Man" on page three of your Eleventh Commentary.

Passing on, you find that in your Twelfth Commentary there is contained a very deep secret, that which we call the Healing Breath. You should give much thought and practice to this Commentary. During this week I would spend one whole evening to the study of the Twelfth Commentary, reading and practicing, reading and practising. The Healing Breath contains ALL that we ever can learn, as a matter of fact - by this I mean that when we have thoroughly mastered this magnificent breath, we become so refined in consciousness and in soul-quality that there is nothing that is hidden from us - we have come to know all, for we have learned the method of contacting the spiritual forces of Life Itself.

There is no exercise which will teach us All-Pervasion as the Healing Breath. Infinity is the absence of limitation. The Infinite cannot be in, or subject to, space or time, because these are essentially of the nature of limitations - and in Mentalphysics ("Whatever the Creator is, I Am") we know no limitations. Everything is limited by all that it is not, and so long as we recognize ourselves to be less than the Creator (which is within us, and therefore causes us to be what It is) is, we are conscious of limitation. The world is a whole, which has its harmony - and we are its harmony. The God who is ONE, could not make any but a complete and harmonious work. The harmony of the universe responds to the unity of the Whole (which is God), as the indefinite quantity (limitation) is the defective sign of the infinitude of God -- and we are God in human form.

Through practice we find in what we call the Healing Breath a definite understanding of God-quality of all-pervasion - we realize that we are all-pervading. We are brought to our highest point of consciousness . . we mingle with Nature and Supernature. Nature is full of lessons to us as thoughtful men. We dissolve the matter of the Universe, leaving only its divine forces . . . we dissolve away the phenomena of human history, leaving only Immortal Spirit . . . we study the law, the mode of action of these forces and this spirit, which make up the material and the human world, and cannot fail to be filled with reverence, with trust, with boundless love of the Infinite Father-Mother-God, who devised these laws of matter and mind, and thereby bears up this marvelous universe of men and things. Familiarity with the grass and the trees - but, infinitely more, familiarity with our own true nature - teaches us deeper lessons of love and trust than we can glean from all the words that have been written.

The great Bible of God is ever open before all mankind. The eternal flowers of heaven seem to shed sweet influence on the perishable blossoms of the earth . . . and when we think of our own earth body and contrast it with our own heavenly body, we see the deeper meaning of these words. The great sermon of Jesus was preached on a mountain, which preached to him as he did to all the people, and his figures of speech were first natural figures of fact.

All that we see and hear and feel and know is of the essence of the Creator. Nature is God's prose . . man is his poetry.

(c) The Work Before Us.

The work of our preparation for our Day of Triumph is a manifold and prodigious one. We Nobles of The Light are on our way. We have begun the journey and the task. What a work lies before us! Our sovereignty over Nature is to be restored. Lack is, through knowledge, to be transformed into abundance . . . the unutilized is to be

THIS SPACE IS FOR YOUR OWN NOTES

utilized, . . . ugliness is to give way to beauty, . . . evil to be unrecognized and we are to know only Good (God), . . . all error is to be transformed into Truth, . . . all hate to be melted by Love.

I would conclude this Commentary with just that which you would have said to you which is necessary to fire you to the highest heights of your own imagination. I would write to you in letters of purest gold, and stir your heart to Right Action continually. We look at Nature - we read her lessons : what if every man and woman were a perfect imitator of the Great Teacher, wise and good, with all his faith and all his virtues, how the circle of Life's ills and troubles would be narrowed! All would then do unto others as they would be done unto.

> (Sit and think what a world there is one day to be, when ALL men seek only to serve . . with no thought of reward, with selfishness in all its forms banished from human consciousness.)

So let us study God by studying his works, and imitating only that which comes to us as the highest that we know. You and I are of paramount importance in the Great Scheme . . nothing in the universe is more important than you. Then, should we not see to it that we continually strive to keep ourselves in the rhythm and the harmony of the Law - doing the Will of God.

Meliton, Bishop of Sardis, in his oration to Antonius Caesar, said (and I commend these words to us all) :

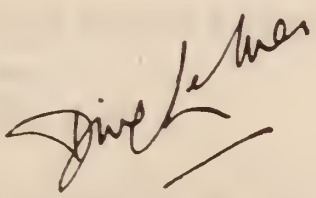
> "Let Him, the ever-living God, be always present in thy mind ; for thy mind itself is His likeness, for it, too, is invisible and impalpable, and without form. . . . As he exists for ever, so thou also, when thou shalt have put off this which is visible and corruptible, shalt stand before him for ever, living and endowed with knowledge."

And this time for this is NOW, the ever-present moment! We in Mentalphysics have the Royal Secret, for we are members of the Royal Family of Light. Let us act as if we are always conscious of the Light within us, and we within the Light.

We rest, then, in the Equilibrium of Deity - we ARE That. Peace be unto you this day and all the days, for evermore, until time shall be no more. Peace - peace - peace - peace - peace - peace - PEACE.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Seventy-Second Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber
of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY
73

THE GRAND REVIEW (7) Retrospect

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY :

1. Breathe the Revitalizing Breath physically three times in the morning;
2. " " " " silently before luncheon;
3. " " " " silently before the evening meal.

(Note the difference in your feeling between the physical and the silent breathing. You should be able to feel the thrill, the deep physical thrill that the physical breathing brings to you, and know that every cell in your body is full of life, life, life. In the silent breathing you should encourage the same feeling, though it will be of a finer nature, through the power of the Imagination, and feel that your body is FULL OF LIGHT, that is seemingly in a state of utter liquidity, peaceful and still, that you have reached the irreducible irreducibility of the Center of your Inmost Self . . . that you are master of the MELTING PROCESS.)

(Then during the week feel this glorious sensation all the time . . . you feel the Divine Light within you, you walk with God, you are full of Light, you KNOW that with every step that you take, every thought that you think, every moment you are IN THE LIGHT.)

MEDITATION FOR THE WEEK :

During this week meditate upon success for Mentalphysics, and especially that there be the right feeling between yourself and your Teacher.

"I AM IN HARMONY WITH HIM AS HE IS IN HARMONY WITH ME."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This Commentary is to offer further inspiration on Your Ninth and Tenth Commentaries, which you are advised to read and re-read several times during the week. It deals, as you know, with the MELTING PROCESS. In the breathing of the

THIS SPACE IS FOR YOUR OWN NOTES

Revitalizing Breath, you are "to get the concept that you are developing the FIRE, fanning the FLAME - you are truly in the LIGHT and you can truly feel the HEAT (of LIFE)."

I shall never forget the first time when I saw a man sitting naked in the snow, on the edge of a pool, from which two men brought very heavy felt blankets to put over his nude body. They put the blankets on his body dripping with the ice-cold water, and in a few minutes the blankets were dry. He had learned the secret of finding the FIRE of Life. He had come through practise to such a high control of his own force of life that he could - and did - melt the snow around him to a distance of several feet, and in less than an hour had thoroughly dried the blankets.

Beginning with the physical body, the instrument, the Revitalizing Breath is the first step on

> The Way . . . . . as spoken of by Jesus the Christ;
> The Path. . . . . of the Theosophists;
> The Tao, the primordial principle . . . of the Taoists;
> The Great Meaning (that which has neither name nor form);
> THAT which is contained within the Light that lighteth the world;
> The Golden Elixir;
> The ONE - and in Mentalphysics the "Divine Wisdom That Is In Every Living Thing".

And this Light, of whose secret we have together learned somewhat, starts with the Revitalizing Breath; and so we go on and on MELTING the substance so that we may find the Heavenly Principle.

(a) Learn First How To Use It.

Before we are able to use anything, no matter what it is, we must find it. When we have found it we may start the process, but we first have to LEARN HOW to start the process. We KNOW that Life in all its forms is impregnated with the Living Force, but as we look around us we see that some know how to use it, and others do not. Some time ago, a man came to see me who had not been able to talk clearly all his life. He had spent many thousands of dollars on getting advice, with little or no success. So far as I was concerned, all that I could see was that this man was the Creator in human form, and there was nothing lacking with him, so that I believed that he could speak plainly. He had, however, not learned the Way. I took him, and taught him HOW to talk, and today he is a tolerably good public speaker - a miracle. To him, yes; to me, no.

For many years I could not see with my right eye. The eye was there, and I knew beyond any possibility of doubt that I was the Creator in human form. Nothing was lacking. I had been told by men in many of the large cities of the world that I would never again be able to see - but I would not believe it. I didn't believe them - I believed God. Today I see. Why? Because I learned the way.

A few months ago a man came to me and asked that I take him as a student. He could not walk, he said, and it is true that he had to get along with two sticks - and with these he didn't make much progress. His legs were perfect, so far as I could see ; and even if they were not, I knew that God (or whatever word you care to use - I shall not quarrel with you over words) could make them perfect. As a matter of fact, I KNEW that God was walking through those legs. The very first lesson he had with me,

THIS SPACE IS FOR YOUR OWN NOTES

this man walked . . not as I walk, with no support, but he began to learn HOW to walk by resting on the backs of chairs placed back to back, with enough space for him to walk between them. Today he walks perfectly.

So, too, do WE have to LEARN THE WAY - first by melting the substance, clarifying all substances, melting, so that we are able efficiently to "mix".

(b) The Great Need of Patience and Humility.

Now, turn to your Ninth Commentary and read carefully "(a) The Light and the Silence" on pp. 2-3. After reading it, remember -----

"NOT WITH ONE LEAP CANST THOU SUDDENLY ATTAIN.
WHOSO SEEKETH ETERNAL LIFE MUST SEARCH FOR THE PLACE
WHENCE ESSENCE AND LIFE ORIGINALLY SPRING."

Pass on to "(c) The Road to Mastery" at the bottom of p. 3, and then sit quietly with yourself and analyze to see what you TRULY have learned during the months that you have been in Mentalphysics. Just imagine the condition you were in when you came to me as a student. What progress have you made - has there been ANY progress? If so, no matter how slight it is, GIVE THANKS. Life is long, and so is art - and the Art of Living is longest of all. You have not been able to do what you thought you could learn to do? . . Well, whose fault is that? Is it anybody's other than your own? Recognize and gratefully admit that, if you are not able to do what you believe you should be able to do, that it is simply because you have not yet learned the way to do it. Renew your zeal, then - and pledge yourself to greater and greater effort through right practice.

We are as yet apprentices in the Art, but we have proved that as we seek we find --- and there is no other way.

(c) "When The Pupil Is Ready . . ."

You will now turn to your Tenth Commentary, where you find much food for thought. I would not have you deceived, My Beloved. We hear a good deal these days about the "Masters", and some people talk about Masters as if they were talking about mere college professors. Only last week a woman was talking to me, and she said, "You know, I have my Master . . . . . ", and a great many more words that had no meaning. This woman had no appearance that she had learned anything about how to LIVE. She was "ill", and had been (to use her own words) a "semi-invalid" for years ----- and yet she had her Master. This was, of course, not true - and yet it is in actuality true, for we all have our Masters.

But so many people, looking only for spectacularity, merely fool themselves, and this is the worst kind of deception. This woman did not know that

When the Pupil is READY
WHEN the Pupil is ready
When the PUPIL is ready
When the Pupil IS ready

the MASTER APPEARS . . . and NOT TILL THEN.

There is nothing in heaven or on earth that can make you READY but YOURSELF. EVERY LIVING THING acts and reacts to us AS WE DO OUR PART. Where there is no genuineness of desire for Light, the Light cannot be seen. When you do not with all your heart desire Light, YOU are unable to see it.

When my old Master in Tibet told me that he would teach me, how happy I was! I had been aching to learn - to KNOW : or at least I thought I had been aching to know.

He told me that I had been there before, and that I had lost many opportunities to learn, . . . "But now that you have come again," he said, "I will teach you if you desire to learn."

THIS SPACE IS FOR YOUR OWN NOTES

Oh, that was simply grand, thought I. I was elated--and I fear I was somewhat proud. Then what happened? The very first time I asked him a definite question, his reply came back in simple words ---- "GO, and FIND OUT!!" Ah, how cruel . . how entirely unreasonable . . . how unsympathetic! Yes, but how many, many times in my later life have I been grateful to Him for making me FIND OUT. But WHEN he saw that the PUPIL WAS READY, and had tried and tried, and failed and failed, then he taught me, because he was assured of the genuineness of the desire of the pupil's heart for knowledge. The Masters are not waiting to cast pearls where they should not be cast, but when, through sincere desire and reverent experimentation we show that we are ready, then -- BUT NOT TILL THEN --- will the secrets be revealed to us.

Therefore, be not deceived. None but you can do it --- and you must do it, if you are to become gradually and tediously and slowly and perhaps heartbreakingly led on The Path where you yourself will become, by the Justice of Life Itself, a Master.

When you are ready, the Masters will find you. They dare not fail you, and they CANNOT fail you. Yea, when you have proved through humility of spirit and earnestness of desire for the higher things of life for knowledge own sake, then the Masters will FIND YOU and bring you into Their Presence. Do we not, then, see the wisdom of not turning back, but faithfully, without ostentation, in great humility and in deep devotion going on and up, on and up, step by step, through all the travail of the spirit. . . . through the melting process, into the mixing process, finally into the fixing process?

My Beloved, you are never alone. "Lo, I am with you always!" Cleanse thou thy thought of all pride. Be not thou the warrior - seek the warrior within thee, and let him fight thy battles. Be practical, but humble. Shirk not what thou seest lies before thee to do, and murmur not. Prove that thou art great, and the greatness of the Masters will reach into thine own heart of hearts, bringing light and wisdom and eternal peace. Shrink not in the coming battle, but yet wait patiently even if it be in the outermost courtyard in the temple of the Light.

And, in thy waiting, give thanks - and again give thanks. All is Light, and ALL is God, and God is Everywhere --- be not afraid. Therefore, this week, go alone and prepare yourself for the coming blessings which Knowledge brings to us all. Be brave and strong in your own thought --- be silent and wait watchfully -- listen patiently for the Voice of the Spirit . . . and DO unto Life as you would Life do unto you. And as I close this Commentary, feel the highest and the noblest and the best of me with you. I come to wash your feet. I am with you, waiting silent to serve you, my Beloved. All that I am is for you, for I am not my own again for evermore, but am merely the channel through which the LIGHT of the FATHER may flow in unto thee. And as the Spirit instructs you through what comes from me to thee, thus am I rewarded, for I rejoice with thee and share the burden that thou alone must carry --- until the shadows flee and The Dawn breaks once again.

Peace be unto thee -- All Good flows from me to thee. You are Whole - you are Perfect - you are Strong - you are Powerful - you are Loving - you are Harmonious - you are Rich - you are Young - you are Happy! . . . . . Peace, peace!

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope

Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Third Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
74

THE GRAND REVIEW (8) Retrospect

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY :

SAME AS in your last Commentary.

MEDITATION FOR THE WEEK :

The Affirmation (but not with the mouth only, but with your Soul) of Your Own Spiritual Breath.

My Beloved Student in Mentalphysics, Noble of The Light :

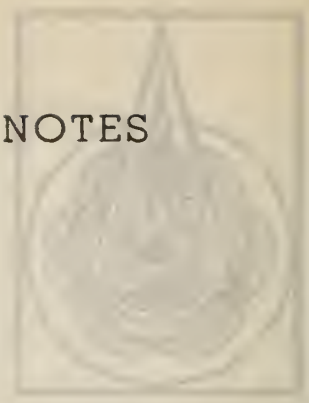
Greetings in The Bond.

Think for a moment, as you begin to read this Commentary, of that majestic salutation "Noble of The Light". You are a member of the Royal Family of the Golden Light. Most of the students who receive these Commentaries have never met their Teacher in person ; they are far away - all over the world, struggling alone on The Way. No one is more aware than your Teacher of the courage necessary to carry on the practices of Mentalphysics in the higher stages when you are not in personal touch with him. But you will remember my remarks in your last Commentary regarding the advice of my old master in Tibet when he told me to "Go and Find Out!" Therefore, Courage, COURAGE, COURAGE . . . all is well. Remember that when your desire is sincere, the Masters seek you and bring you into their presence.

This week must be a week of systematic experimentation. Turn back at once to your Twelfth Commentary, for we are to review that Commentary in detail, and I hope that if what the Twelfth Commentary contains has not already been made clear to you, that you will be the wiser at the end of the study of this Seventy-Fourth Commentary. If you were here at the Institute, you would see the classes conducted in a circle. Our Light is in the center, symbolized by a lamp with a purple shade which I have used ever since Mentalphysics was born. There is absolute silence. Students sit, their heels touching, their spines erect, not leaning back against the chair, and they imagine

(a) That around the Sacred Circle there is an impenetrable circle of Golden Light.. nothing can break it, nothing can disturb it ; and there we sit, silent and at peace.

THIS SPACE IS FOR YOUR OWN NOTES



(b) That above them there is a heavy panoply of Peace . . . all is still.

(c) That in the Circle, radiating from Ding Le Mei in the center, is Wisdom ..... Light, Peace and Wisdom, a trinity of Life.

(Read before you go any further in this Commentary the whole of your Twelfth Commentary, which shows you the technique of the Great Breath of Divine Healing. Note the wording of the affirmations. Note the technique - first to the right, then to the left, then the downward sweep. Familiarize yourself with all that you read before going on with this Commentary. - D.L.M.

(a) Review of a Wonderful Breath.

Now, what are we doing in this exercise? You have the POSTURE - you know all about the FIRST MOVEMENT - SECOND MOVEMENT - THIRD MOVEMENT. You know how to FEEL the force at the right side of the head, as if there is a "pushing" sensation out through the right side of the head. You know what you FEEL. Then you know how to reverse the force, and FEEL the same sensation through the left side of the head. Then you know how you stop this force, and feel the all-enveloping force sweeping down, down, down through the body to the soles of the feet, only to come up again like a great wheel of golden LIGHT. And I hope that you have felt this feeling so strongly that you have become the feeling, that you have lost all sense of your own body, that you have been merged into the Universal. If you have, you will understand the great importance of this Healing Breath.

You see, when we are thinking of the right side of the head -- or feeling out through the right side of the head - we are developing the positive force of our thinking power. Similarly, when thinking to the left, we are developing the negative side of our thinking power, and when concentration is complete we sweep downward, "not missing one cell in the body".

There is an "outer" meaning to this Breath, but there is a distinctly more beautiful "inner" meaning - we are on our way to understand this "inner" meaning. When mere thinking has ceased, we become all feeling. THEN we are able to do whatever we wish to do -- and I mean these very words. When we feel that we ARE truly the Creator in human form, what else is there to learn? Ponder well on the affirmation of this Breath :

"THE CREATOR IS WITHIN ME. . looking out on the Universe through my eyes." --- seeing what I look at. I see no evil.

"THE CREATOR IS WITHIN ME. . listening to the sounds of the Universe through my ears." ------ Hearing what I am listening to ; I listen, I wait, I am still . . listening to the Voice Within. I hear no evil.

"THE CREATOR IS WITHIN ME. . thinking the thought of the Universe through my mind." ------ I am so perfectly tuned to the Divine Mind which flows never-ceasingly through me that no thought is upon anything other than Good (God).

"THE CREATOR IS WITHIN ME. . issuing the sounds of the Universe through my throat." ------ I am so perfectly tuned to the music of the spheres, I know that what I say I become, that I speak no evil.

"THE CREATOR IS WITHIN ME. . doing the work of the Universe through my hands." ------ All that I do is unto The Law ; I am freed from selfishness in every form ; I have learned the way to give . . . I have learned how to feel after Him with my hands.

THIS SPACE IS FOR YOUR OWN NOTES

"THE CREATOR IS WITHIN ME . . EXPRESSING ITSELF through ME." ------
All that I do and say and think and feel and know is from and by the Creator within me . . my whole life is the Creator expressing through me.

"WHATEVER THE CREATOR IS, I AM. . . . I AM PERFECT AS HE, AS IT, THAT WHICH I KNOW THAT WHICH I FEEL WITHIN ME IS PERFECT. . . . I AM PERFECT MIND IN A PERFECT BODY. . . I A M T H A T I A M."

Read the whole of this beautiful Affirmation in Commentary Twelve (pp. 3-4).

Now, my Beloved, these things must not be talked about. "Go, and tell no man." But I assure you that when once you get this FEELING of Oneness with God in this glorious Breath, you will have gone far . . for no matter what the conditions in which you find yourself, you will at once be able to bring back the feeling of a great protecting mantle of Light about you. You should practise, practise, PRACTISE the Breath, for you will find that you will be able to USE the Force at any time in any place for any purpose whatsoever. It is a glorious thing to know, but if we talk about it, we shall lose the ability to use it.

You will be aware also that there are few who would understand what you are doing. The first characteristic of the human being is skepticism, and we are prone to ridicule what we do not understand - that is why the human race has been so slow in its development of spiritual understanding. But WE KNOW, and we FEAR NOT. There are many who would believe that you were literally crazy if you were to talk to them about the practices of Mentalphysics, so I counsel you again -- and again and again -- to "have no tongue."

(b) Symbology of The Resurrection.

Now turn to your Thirteenth Commentary : Read it through at one sitting. If you have not time to do this, postpone it until you have the time. As you know, your Thirteenth Commentary teaches us something about The Resurrection. I quote from the first page :

"In the springtime a young man's fancy lightly turns to thoughts of Love - not at all by mere chance, but because, with the increase in The Light from the Sun, it is natural that man should feel more of Love - WHICH IS THE ESSENCE OF THE UNIVERSE, the Pivot of Right Activity, the kernel of Life Itself, the seed of all True Expression . . . and that which men call GOD is LOVE."

The Healing Breath brings us to the symbology of the "Resurrection."

IMPORTANT - Read most carefully, thoughtfully, "(b) Symbol of the Resurrection" on page 2 of the Thirteenth Commentary. This deals with the time when my old Master showed me what the physical body really is for - how we have the power to come and go, to lay it down and take it up again.

This should inspire all us Nobles of The Light. What one man has done another can do, a million can do --- but only when they know the Way. Not until we know that LOVE is the essence of Life, the substance that Life is made of, can we hope to be able to do these things -- or to truly find The Way. The Law of Nature, as I remark in the Commentary now under review, is a tendency upward of all living things. After the nebula the orb, after the orb the mineral, after the mineral the animal, after the animal, MAN, made in The Image, from which nothing can depart. The evolution of Nature is followed by the progress of humanity. Man, as man, can only aspire to that of which he has some knowledge. You and I can only DO what we KNOW -- Knowledge is our POWER, and there is no other power. All that we need to USE is here - there is nothing lacking. What you and I have to learn - steadily, relentlessly, moment by

THIS SPACE IS FOR YOUR OWN NOTES

moment - is HOW TO USE IT, and then, finally, become ONE with IT. There are men who possess that Power - Jesus possessed it so that he revivified the atoms of his body to right coordination that the Force of Life Itself flowed undeterred in and through his body and enabled him to "rise from the dead". My old Master had this power, and demonstrated it to me.

A student writing to me only yesterday, said that he was "from Missouri", - he must be "shown". He wanted to know what was the power that went from the healer to the healed, what power "made Life". And a good deal of other talk of this kind. The answer, as you know, is "Go and find out". There is no other way than "feeling after It". PERVASION we cannot "understand", but we know that we are All-Pervading when we FEEL that we are. It is not possible for us to do it with the Intellect - we must use the Soul - and that is the ONLY way.

By faithfully reading this week, and thinking upon, your Thirteenth Commentary you will find much good. This will be a wonderful week of Joy and Peace. For . . . .

> "WE IN MENTALPHYSICS, THROUGH A LIFE OF POISE AND LIGHT AND JOY AND LOVE, ARE LEARNING MORE THAN WE CAN LEARN IN ANY MATERIAL WAY, THOUGH, AS SCIENTISTS, WE HAVE TO PUT OUR LIVES ON THE PHYSICAL PLANE THROUGH THE MICROSCOPE OF THOUGHT ON THE LOWEST PLACE - THUS, GAINING MASTERY OF THE LOWER, FIND THAT WE ARE BEING LED LOVINGLY TO THE HIGHER - - - AND THE HIGHEST OF ALL IS THE SYMBOLICAL INTERPRETATION OF WHAT WE CALL THE 'RESURRECTION' . . . . LOVE TRIUMPHANT."

May this week be for you the very holiest week you have ever known.

Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Fourth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

75

THE GRAND REVIEW (9) Retrospect

BREATHING INSTRUCTIONS FOR THE WEEK :

This week you are to be introduced to a new Breath. I am, of course, to assume that you are now able to breathe - to really breathe, that you are able to retain your breath and feel the inflow of the Divine Force through all parts of your physical body, and that as a result you feel that your mental apparatus is charged with that Elixir which, though you are not able to define or describe to any other living being, YOU KNOW because YOU FEEL IT. I am to assume that you have faithfully carried out all the advanced breaths that you have had revealed to you.

Now, in the Breath that is described hereunder, there must be no strain ; there must be perfect coordination ; there must be silent, peaceful concentration through feeling - as never before, you imagine that the Divine Force is flowing into you - flowing evenly of itself, just as Light shines of itself. Here is the technique:

(a) Assume the sevenfold position - experiment with a cushion beneath the buttocks, so that in the posture you are perfectly comfortable. The wider the knees are apart, and the greater the area occupied by the buttocks, the better.

(b) Sitting erect, with no movement whatever, the spine straight, bring up your arms, so that the upper arm is straight from the shoulders. Then close your fingers as tight as possible into the palms of the hands, with the two thumbs OUTWARD -- not compressed into the fist. The thumbs are to be outward as far as possible, held stiff.

(c) Sitting in this position, you will feel a slight pulling at the Lunar Centre (between the shoulder blades), and the upright position of your body will give you a drawing-in feeling at the abdomen, and there will be a gentle tensing feeling throughout the body.

(d) Place the thumbs opposite the temples, about a half-inch away from the side of the head at the temples. Experiment to see what you feel - is there a sort of "electric" feeling at the tips of the thumbs? Does your hair feel a little magnetic? "Feel" around a little bit, with the breath retained, to see whether you are conscious of a slight tingling feeling at the tips of the thumbs, or a sort of magnetic current between the tips of the thumbs and the temples. If you feel it, that is good. If you do not feel it, imagine that you feel it.

THIS SPACE IS FOR YOUR OWN NOTES

(e) You are now ready to start. Take a deep easy breath and retain ; then grip your hands tight, tighter, tighter, tighter. (The probability is that you will feel your hands begin to move backwards and forwards, the tips of the thumbs almost touching the sides of your head, with a strong vibration of power running through your head and your whole body. It is a very pleasant sensation, and as your grip becomes tighter, there will come unconsciously a corresponding tightening of the whole body, though without strain.)

(f) Hold your breath as long as you conveniently and comfortably can do so, then exhale, and very slowly unlock your grip, slowly dropping the hands to your knees -- WATCHING WHAT IS GOING ON IN YOUR OWN BODY AND YOUR OWN MIND -- in other words, what do you FEEL?

(Important. - Remember that this is not for the profane or uninitiated to practise. It is revealed to you because you have knowledge as to how to proceed. Were you to talk about this to others, they would ridicule you, and if they were to see you in practice, they would not understand. They probably would say that there sits a man merely shaking his hands to and from the head ; but with a little practice you will be able to feel the good effects of the Breath, and then understand what was written in your last Commentary on the Resurrection. This is the Breath of the Resurrection. - D.L.M.)

MEDITATION FOR THE WEEK :

Add to your meditation ----

"MENTALPHYSICS IS SPREADING THROUGHOUT THE WORLD."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary we dealt with the Resurrection - the symbology of The Resurrection. Nobody, nothing, can give to you your inheritance ; all that Mentalphysics can do is to point you to the way that you can attain it. As your Teacher, I do not treat you for prosperity or anything else, but I can, and will, through adhering to my own experience and the demonstration of that which I have gained, tell you how you may become the possessor of all prosperity and everything else -- how you may come into the knowledge and demonstration of the Eternal Truth that "I am whatever the Creator is."

In the new Breath to which you are introduced this week, I would like you to feel that a great secret is opening itself within you. The Breath of the Resurrection would mean nothing to almost everyone - even to those who say that they are metaphysically-inclined. Even to many people who profess to have done much study, and possibly some practice, along the higher philosophical ways of life, this new Breath would have no meaning. People will tell you that they KNOW there is "nothing to" what they call "Yoga breathing", . . they heard of somebody who went insane while studying those things, . . . there was a man who permanently injured himself, etc., etc., etc.

THIS SPACE IS FOR YOUR OWN NOTES

How often have I heard this sort of talk from the ignorant! My reply is that though they thought they were right, they did not KNOW.

(a) Knowing and Demonstrating.

Now, to KNOW means that we can DEMONSTRATE, can bring into reality, prove, establish, verify by manifestation, that which we say we know.

If we keep this thought firmly in the mind, we shall see that most of the things that people SAY they know they do not demonstrate - and cannot demonstrate - so that the Truth is not in them. It is self-evident that the more we DO that which we say we know, the more we have the power to do, and consequently do DO more and more . . . and come gradually, through doing, into mastership, doing without error.

If you will now turn to your Fourteenth Commentary, I would like you to read carefully on page three "(c) The Cause of Differing Opinions." THINK about that paragraph. Meditate upon it.

Then I would like you to analyze yourself so that you come consciously to know what you feel when you are meditating. You will know that, as you get more and more into The Silence, everything seems to die down in consciousness - if, for example, you are conscious in meditation of a person or people, there comes into the mind a sort of intensity of feeling in which that person or those people seem to fade away into the inner substance of your mind, and while they are less pointedly felt in your mind, they are paradoxically more pointedly felt by you. You think of an idea, no matter what it is : as you sit in concentration upon the idea, it becomes clearer and clearer, and then seems to fade out, but in the fading out, you are conscious that you are meeting with that deep spiritual feeling in which you understand everything about the idea, and the idea BECOMES REAL to you.

Now, think of PRANA. Think of LIGHT. THINK of LOVE. In Meditation you become Light and you become Love. Let anyone ask you "What is the Light that you feel . . . what is the LOVE that you feel?" and you would not be able to tell them, for you cannot describe it --- THOUGH YOU KNOW IT more clearly than you know anything in ordinary consciousness.

(b) Analogy from Chemistry.

Go another step. Think of the chemistry of LIFE. Suppose you are a chemist, you know that substances are obtained in the colloidal state (the essential state of existence) either by gathering smaller particles, molecules or atoms into particles of colloidal dimensions or by subdividing material in mass into particles of colloidal dimensions. The first process is called condensation or precipitation ; and the second process, dispersion. From the chemist's point of view, condensation methods are by far the most important in the preparation of colloidal elements. In meditation, we are like the chemist, we get this idea of condensation - we FEEL that through the power of our thought we melt the idea so that it goes back to its first state of Life . . . we condense, we melt our own thought, so that it enters and is absorbed in, so to speak, the Mind of Life Itself, the Mind of God.

Again, in meditation, we seem to be like the miner who takes the rock and crushes it - he grinds it into fine powder, so that the gold is separated from the less valuable or valueless substances ; then he washes away the useless sand, and at last, through the attracting power of the medium of mercury, gathers all the gold together, and thus he gathers to himself the true and full value of the gold.

THIS SPACE IS FOR YOUR OWN NOTES

The Breath of the Resurrection will teach you much. Therefore, I urge you during this week to practise the Breath, and be patient and silent, so that you may be still to be able to know.

(c) Nature's Faultless Law.

Remember, as is shown in your Fourteenth Commentary (last page), that "That which Nature binds, Nature also dissolves ; and that which the soul binds the soul also dissolves."

This week will be a glorious week for you - and for me. Be slow to anger, and plenteous in mercy. Do not view with impatience or anger those who may appear to desire to injure thee. It is inconsistent with Mentalphysics, and with the Divine Wisdom that should govern every Noble of The Light, to betray any great concern about the evils which the world, which the vulgar, whether in robes or tatters, can inflict upon the brave.

"The Law hath not power to strike the virtuous, nor can fortune subvert the wise."

Our whole duty is to live what we know, demonstrating so that all with whom we come in contact may know us not for our words, but for our works.

Peace be unto you today and all the days.

Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of the Seventy-Fifth Commentary,
Inner Chamber.

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COMMENTARY
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THE GRAND REVIEW (10) Retrospect

BREATHING FOR THE WEEK :

Continue faithfully with the Breath of the Resurrection, explained in your last Commentary.

(Do not lightly give up practice of this Breath if you are not able immediately to feel the effects as described last week. Patient practice will show you - and then none can take it from you.)

MEDITATION FOR THE WEEK :

Same as in your last Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Whether you will agree with me or not, I cannot tell, but of all your Commentaries in the early stages of the Inner Chamber work, your Fourteenth Commentary is so charged with Light that no Commentary will more reward you openly for your search secretly. We shall deal with your Fourteenth Commentary this week in relation to the Breath of The Resurrection, which was disclosed to you last week.

You will have been practising this Breath for a few days, and by this time will doubtless have caught the idea of what it will do for you. The "shaking" feeling will cause you to vibrate your whole body in such a way that you will feel revivified in every cell of your body. Particularly must you watch that the spine is straight, and that the upper arms are straight from the shoulder outwards. Also it will help you if you experiment with the muscles of the arms - tighten the biceps, tighten the triceps, grip the hands very tight, and you will soon find that the thumbs will move, causing first the whole arms to move, and then starting the whole body vibrating. Practice alone will prove it - therefore, practise much!

(a) Aid to Concentration.

The definite purpose of all of your advanced Breathings is to teach you how unconsciously to concentrate upon the thought that you have in your mind. They

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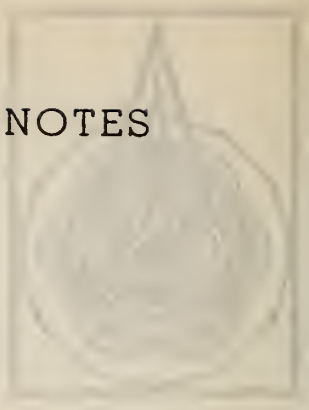

teach you how to "lock" your mind, in the same way as, in your early breaths, you were taught to "lock" your buttocks. "Locking" the idea in your mind will enable you more effectually to visualize, so that you see you are undertaking a valuable lesson in holding your own thought so that what you are thinking shall materialize in your life. I quote from page two of your Fourteenth Commentary :

> "Take THOUGHT, as another example : A thought cannot be seen. It is invisible and intangible. I know that you can see the EFFECT of thought, the same as you can see the effect of LIFE, but you cannot SEE Thought and you cannot SEE Life. Take Love - and Peace - and Joy - and Strength, and so on. and so on. Thought can neither be seen, nor handled, nor tasted, but we students in Mentalphysics KNOW that it is chemical in its nature. You may remember the story I told about the woman who, watching a fight, and then getting into the fight in a wordy manner so that she became literally on fire with rage, poisoned her child as it suckled at her breast - THE EFFECT OF THE CHEMISTRY OF THOUGHT."

The influence of a thought, remember, produces an effect which corresponds EXACTLY to the chemical nature of the Thought Itself.

Take this last paragraph and meditate upon it. You will see how vitally important it is for people like us to REALLY THINK WHEN WE THINK - that is, to hold our thought so deeply concentrated that, when we have thought the thought, the work is practically done. For according to the power of our thought, do we develop the energy and attract the substance necessary for our Thought to come out into manifestation.

Our Thinking makes us what we are.
Our Thinking makes us do what we do.
Our Thinking makes everything in our life what it is.

(b) Esoteric Chemistry.

Turn to your Fourteenth Commentary and read on pages three and four the message under "Esoteric Chemistry".

Now, you do agree, do you not, that there is nothing but what thinking has made it so? You realize that you are what your own thinking has made you. You do realize that when it is possible for you to keep your mind on the highest things of life, the highest things that you are evolutionarily capable of understanding and controlling will come to you . . . in other words, your life -- all that you do and say and feel and think -- will be in correspondence with your own high thought. Do not feel that I am insulting your intelligence when I speak to you like this. Mastership is not easy of attainment. There are many, many people who declare that they have "learned" something, but they are very far from being able to prove to you what they say they have learned.

You, as a Noble of The Light, can agree doubtless with everything that you have had presented to you in your Commentaries, and you believe that you have the power and the ability to DO all that you have read about . . . but DO YOU DO IT? "Well," you will admit, "no, I do not fully manifest what I believe I am learning to visualize." Then, WHY is it that you have not manifested? Is it not because you have not through practice brought your THOUGHT into that state of one-pointedness where, when you are thinking upon one thing, you cannot yet close out all else from your mind but the one thing you are thinking upon?

Here, then, comes the other exercise which, when used with the Breath of the Resurrection, will teach you much and help you to concentrate one-pointedly. This

THIS SPACE IS FOR YOUR OWN NOTES

exercise must not be hurriedly taken in hand - you must give yourself time, and you must regularly carry it out. There will be no benefit - or practically no benefit - if you take this up one day and leave it the next . . you must be faithful in your practice daily (better, twice or three times a day). If you will carry it out regularly and faithfully and silently, I can promise you much.

(c) Exercise for Higher Concentration.

Here, then, is the exercise:

Posture - Either of the following :

(a) The sevenfold position, with the palms of the hands upwards.
(b) Sitting in the "tailor-fashion" position, with the palms of the hands over the eyes, with the head downward, the spine bent as you lean forward.
(c) Lying flat on your back, the right (positive) leg over the left (negative) ; with the palms of the hands over the eyes ; preferably in a dark room.

Breathing -

(a) Take two or three long breaths, with the distinct objective of feeling that you are connecting yourself, through your own breath, with the Universal or Holy Breath.

(b) Remain still, watching your Breath until you feel that you are perfectly at peace, but inwardly mentally alert and full of watchfulness in regard to what you feel.

Your Thought and Feeling -

(a) As you sit, imagine that you can see yourself thinking - that all that is going on within your mind is being melted into itself - that you are contacting the very Mind of Life Itself within you. Imagine that you can FEEL this, and so conscious are you of that feeling that you are not conscious of anything else. The body seems to have lost itself - it seems to be wheels within wheels, going in all directions, and as for you, you are merely the alert silent watcher. You see that you are, and feel that you are, united interiorly with THAT in which you live and move and have your Being.

Technique of the Exercise -

You are now ready to begin.

"And now I imagine before my mind deep, dense, black darkness - impenetrable, inky blackness. . . .

"Now I see a tiny point of golden LIGHT - the size of a pin point. I watch it, watch it, and I see it grow larger - it is the size of a pea. . . .

"I watch it - it grows larger --- it is the size of a dime. . . .

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"It grows larger, larger -- it is the size of a nickel. But its light does not radiate outward from itself - but seems to radiate from point of its circumference inward to the center of itself. . .

"I watch it, and it grows larger and larger -- it is the size of a quarter.

"It grows larger, larger -- it is the size of a half-dollar.

"It grows larger, larger -- it is the size of a dollar. . . .

"And now, as I watch it, the narrowing circumference gives way before the Light, as it spreads evenly outward, outward, larger, larger, until I am conscious of nothing but LIGHT, LIGHT, LIGHT."

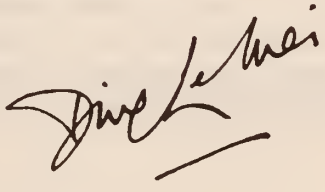
Now, this seems a very simple thing to do -- and it is, . . when you know the way. This is but a small part of the exercise, and the remainder will be revealed to you in your next Commentary. Therefore, you are counselled to practise sitting in the silence this week and going over and over this simple exercise of Creating the Kingdom of Light within you. Do it again and again, until you feel that you can, at will, create the darkness and then transform darkness into brilliant golden light, light, light.

It is best to sit in a completely dark room to do this.

During this week Practice this as much as you can. You will find that you will be able to create your Kingdom of Light at any time in any place, and in learning this you will have gained something that is of great value to you. We shall return to the exercise in your next Commentary.

Be happy - give thanks . . . . peace - peace - peace - peace - peace - peace - peace.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



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End of The Seventy-Sixth Commentary,
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COMMENTARY
77

THE GRAND REVIEW (11) Retrospect

BREATHING INSTRUCTIONS FOR THE WEEK :

1. Follow the Breath of the Resurrection, doing this morning and night, but not immediately AFTER meals. Be watchful.

2. Follow the silent breath to which you were introduced in your last (Seventy-sixth) Commentary, giving as much time to this as possible, preferably at night. Do not engage in this breath when you are very tired, for you may fall asleep and lose all the beauty of the Breath in unconsciousness,

MEDITATION FOR THE WEEK :

"MENTALPHYSICS IS SPREADING THROUGHOUT THE WORLD."

(In your Meditation, realize what Mentalphysics really is. What does it mean to you - has it transformed you by the renewing of your mind . . is it immeasurably dear to you . . are YOU a different person because of Mentalphysics? If so, then visualize great numbers of people just like you undergoing similar benefits on the physical, mental and spiritual planes of life.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your present Commentary I wish to amplify instructions regarding the Breath given to you in your last Commentary, and I counsel you to give much time this week not only to reading what I write, but to experimentation. You will realize that I can only give you in words - and then very incompletely - the result of my own experience . . . (I can tell you much about the Breath, what I do, what I feel, what I see and so on ; but that does not necessarily teach you anything -- YOU MUST DO YOUR OWN WORK, and you must be sufficiently alert as to be able to

THIS SPACE IS FOR YOUR OWN NOTES

discern your own phenomena and also carefully assiduous that you may correctly analyze it.

There are many people who desire the sacred gifts of life, and believe that they will come by them in some mysterious manner ; but there is only ONE way - and that is by working for them. Nature will only unbosom herself when we go silently and constantly to her in absolute sincerity, but the grand truth is that she always rewards us in exact relation to our intensity of desire to know. You, too, will have noticed this : The whole human race practically is aching for a better condition of human society, but so very few are prepared to work for its realization. So few have the perspicacity to see that, while aware that the WHOLE Force of Life is ever-present, and that we are all a part of it (for it is what we live and have our being in), the Divine Force of Life must be taken from its unregulated or ill-regulated state and economized and managed, and made to work for us . . . and there is only one way that this may be brought about, and that is by working to learn the secrets so that we may properly harness it in our lives.

Divine Force unregulated is like gunpowder burned in the open air, like steam unconfined. Force must have a Director behind it, - then follow sublime conquests. THOUGHT is your director. The Force of the Creator is in equilibrium with Divine Wisdom - then comes Harmony. So we see that the universe rests on the triangle of

FORCE		POWER		TRUTH
WISDOM	or	INTELLECT	or	LIGHT
HARMONY		HARMONY		LOVE, which is Harmony.

The power of God is in equilibrium, perfect balance, with His Wisdom - then universal harmony. Similarly, when your power is in equilibrium with your wisdom, then harmony in your life. This comes only through practicing the right use of our wisdom in what we do, then follows success and joy and health and Right Living. But, again, we have to work for it.

(a) Exercise for Higher Concentration.

Now, turn back to your last Commentary (No. 76) , and we will go further into the exercise for Higher Concentration. Read carefully what has been written on page 3 - 4, so that you understand --

"I AM CONSCIOUS OF NAUGHT BUT LIGHT, LIGHT, LIGHT."

This idea may seem to be much simpler than it is, and the exercise much more easy than it is ; its infinite beauty can only be realized through practice. When you have reached that perfect state of peace, in which you are conscious of Light, this must be the thought, the feeling, the understanding within you :

"I SEE the Light - I feel the Light. In the center I see My SELF, radiant, serene. ALL is ONE. As within me, so without ; as above me, so below. . . North, south, east, west - all is the same ONE. The waves of Light that I feel coming to me are the same as I feel within me, I - the Self - sitting triumphant within the inmost citadel of Being. ALL IS THAT - ALL IS THAT!

"In the CENTER of this infinite ocean of Light, I AM. (Give much thought to this . . I AM . . . I know that I become what I say - in other words, as I declare the Truth, the Truth makes me free. Therefore, knowing myself in the center of the self-created Kingdom of Light, knowing that I AM in the center, then I declare the Truth . . . . .

THIS SPACE IS FOR YOUR OWN NOTES

I AM . . . WHOLE
I AM . . . PERFECT
I AM . . . STRONG
I AM . . . POWERFUL
I AM . . . LOVING
I AM . . . HARMONIOUS
I AM . . . RICH
I AM . . . YOUNG
I AM . . . HAPPY

I A M T H A T I A M
****

IN THE CENTER I AM THE MASTER,
AND WHAT I SAY IS THE SEED OF
WHAT I GROW INTO . . I AM THAT!

(b) The Nine Positives

Then go deep into meditation on the Nine positives - or any other phase of thought and understanding that you prefer, so that you engage not in meditation of any specific thing, but on the eternality of life. The following is a suggestive method.

"I am in the Light - I see myself in the CENTER of the LIGHT - I see and feel that there is not any space whatever for aught other than Light - there is not a single pin-point of space or vacuity or vacuum . . ALL is Light. And here I sit, humble and mighty, serene and silent yet conscious of all the infinity of Life activity within the silence of my spirit - I am linked with the Universal Spirit and Universal Life." Now. . . .

* * * I AM WHOLE . . . whole as the LIGHT is whole. Serenely I watch it - I feel it - am one with it . . . I am Whole.

* * * I AM PERFECT . . . As I speak the words, with the calmness of eternal love within me, I SEE the perfection of the Light. I SEE from the center of the center of the center of centers a wavelike motion, going outward and making the Light still more bright (think long on the word "Perfect"). I am Perfect as the Wholeness of the Light is perfect. I am Perfect.

* * * I AM STRONG . . . Into my consciousness there now comes a different FEELING . . . In the silence of myself I feel, I imagine that I feel, STRENGTH - infinite, glorious, wondrous strength. The wavelike motion that I felt when thinking of "I am Perfect" is now realized, and I KNOW that I am strong --- not a point of weakness anywhere --- as the Perfection of the Wholeness of the Light is strong. I am Strong.

* * * I AM POWERFUL . . . Having come into an extremely fine vibration by this time, I now meditate upon Power. Power! I KNOW that I am power, but I know that power has to be regulated and controlled ; to it there has to be attached wisdom ; when power is directed by wisdom, conquests are made. I am Power . . I feel it . . I know it, and I am so serene in my power of transmutation that I know that the Divine Power within me is directed and controlled by the Divine Wisdom within me. . . I am Power.

* * * I AM LOVING . . . I have now, as an alchemist, come to see what intensity of action there is in the non-action of the Kingdom of Light within me. I see all . . I feel all --- and I know that all radiates from the Infinite Center outward to every living thing. I know that as I give outward, the more I give the more I have, to give and gain. . . I see all this is upheld by LOVE - which cannot be explained, which can only be felt . . . and which the ALL embraces. . . . I am love.

THIS SPACE IS FOR YOUR OWN NOTES

* * * I AM HARMONIOUS . . . Think of harmony -- its different phases. Think of it as a picture, or think of it in words -- and FEEL the essence, the hidden meaning, of the words - thus: peace, tranquillity, calmness, untroubledness, concord, symphony, unity, concertedness, fraternalness, accord, quietude, silence, balance, justice, etc. I am harmonious as Love, as powerful as love, as strong as strength, as perfect as love in the power and strength and perfection and wholeness of The LIGHT. I am harmonious.

* * * I AM RICH . . . Now, looking deep within my own soul in the Harmony of THAT, I realize its riches. Think of "Supply", and FEEL that you are your own supply -- not in one particular direction, but in ALL directions, for you ARE the Creator in human form. I am rich.

* * * I AM YOUNG . . . As I proceed to write I have no words. The feeling cannot be described or defined. You will meditate that, as you KNOW that Youth is the first reflection of Life, so are YOU Youth. You will feel that you are so near to the Primordial Force of Life, and that you are so immersed in the Wisdom of Life, that you know Youth . . . that YOU ARE YOUTH. I am Youth.

* * * I AM HAPPY . . . Finally, I come to the state of bliss . . I am not conscious of particularities, nor of people or things . . . I am conscious, and am lost in, THAT - the Absolute, the quality of the Higher Soul of Life. I am Happy.

Now, my Beloved, what I have written above is merely as a guide to you. None can describe the infinite beauty of meditation for another. When we are on the Heights, we can come fully to know for ourselves, but we cannot tell another. What I advise you to do is to sit quietly until you have come to that state of consciousness where all is still - the body is gone : it is nowhere, it is everywhere; it seems to be going in all directions, wheels within wheels -- and then take each word and meditate upon it and feel the different shades of thought and feeling that will immerse your soul. Take each of the Nine Positives, meditating one-pointedly upon each word, and leading yourself deeper and deeper into the spirit as one word and its various shades of meaning succeed that which has gone before.

In my classes at The Institute this exercise is always one of the most beautiful of all our exercises. The vibration is extremely high always. YOU can develop the same vibration, and if you will practise I can assure you of something entirely beyond power to express that will come to you through this exercise. At the end of your meditation, though you will be immersed in LIGHT, you will be able to feel that -----

I AM HAPPY . . . in the YOUTH (I am young) . . . in the RICHES (I am rich) . . . and in the HARMONY (I am harmonious) . . . and in the LOVE (I am loving) . ... and in the POWER (I am powerful) . . . and in the STRENGTH (I am strong) . . . and in the PERFECTION (I am perfect) . . . and in the WHOLENESS (I am whole) . . . of THE LIGHT.

This week should be a week of great unfoldment for you. There is no higher (or simpler) method than this. See to it that you get the most out of it.

Written in Faith at
Los Angeles, California, U.S.A.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

End of The Seventy-Seventh Commentary,
Inner Chamber.

Dino Lentini

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

78

THE GRAND REVIEW (12) Retrospect

BREATHING EXERCISES FOR THE WEEK:

1. Engage in whatever breathing you care to this week. Your breathing should embrace a certain amount of PHYSICAL breathing, but it is likely to that you incline more towards silent breathing now. Never forget that your body NEEDS a certain amount of essentially physical breathing, though you are to be the judge.

2. Practise faithfully the silent breath (which has no name) outlined for you in your two previous Commentaries (76 and 77). You should endeavor to feel yourself all the day long in its vibration.

MEDITATION FOR THE WEEK:

Same as in your Last Commentary. Meditate earnestly.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

On one occasion Laotze (the great Taoist sage) saw Confucius engaged in study, and asked what book he was reading. "The Yih-king (the Book of Changes)," replied Confucius (Kung-fu-tze, the Chinese pronunciation); "the sages of antiquity used to read it also." "The sages were able to read it," answered Laotze; "but you, to what end do you read it? What is the groundwork of the book?" "It treats of humanity and justice," answered the sage. Then Laotze said : "The justice and humanity of the day are no more than empty names ; they only serve as a mask to cruelty, and trouble the hearts of men ; disorder was never more rife than at present. The pigeon does not bathe all day to make itself white; nor does the crow paint itself each morning to make itself black. The heaven is naturally elevated, the earth is naturally gross ; the sun and the moon shine naturally ; the stars and planets are naturally arranged in their places ; the plants and trees fall naturally into classes, according to their species. So, Sir, if you cultivate TAO, if you throw yourself towards it with all your soul, you will

THIS SPACE IS FOR YOUR OWN NOTES

arrive at it. To what good is humanity and justice? You are like a man who beats a drum while searching for a truant sheep. Master, you only trouble man's nature."

In this passage we have a clear exposition of the leading differences between the "outer" and the "inner" conception of Life. Confucius would have men practice humanity and call it humanity ; he would have men dutiful to their parents, and call it filial piety ; he would have men serve their sovereign with their whole heart, and call it loyalty. Laotze, on the contrary, declared that when men professed to be humane, filial and loyal, it was a sure sign that the substance had disappeared, and that the shadow only remained. The pigeon is not white on account of much bathing, nor does the crow paint itself. "If," said the Taoist philosopher, "the pigeon began to bathe itself, and the crow to paint itself, would it not be a sign that they had lost their original colors?"

Is this not apropos to Mentalphysics. We MUST LIVE what we KNOW - then there will be no need to TALK much. "Have no tongue!"

If all men were humane, filial and loyal, no one would profess these virtues. If all men were virtuous, the very names of vices would be unknown.

(a) Majesty of the Nine Positives.

In your silent breath in which we deal with the Nine Positives, reviewed in your last two Commentaries, you have the means of transmuting all that you are and all that you know into THAT ONE in which we live and move and have our being. I counsel you - indeed, I cannot counsel you too much - to practise this glorious exercise as much as you can.

I daresay that you are now just beginning to catch the inner beauty of those four simple words - "BE HAPPY --- GIVE THANKS". In our Commentaries as you go forward you are more nearly approaching the inner meaning of these words. Can you see that when we know their true INNER meaning, there is nothing more that we need to learn? If you, dear Noble of The Light, were to forget everything that you have learned from me, I would not regret anything if you were to learn and practice this one secret exercise of the Nine Positives. I believe that it is the greatest secret exercise that has so far been brought to your attention. To say that you will "Learn it" means nothing until you are so immersed in its truth through your own feeling that you can "make it work" constantly in your life.

If you were to forget all and still have this one exercise left for you to begin with again, all would be well; for it is of majestic importance to you.

I have often, in my public speeches, declared that if it were necessary for me to lose completely all that is in my consciousness, but that I were given the chance to choose but one single idea with which to begin again, I would ask that there be retained in my consciousness the power to "Give Thanks". Gratitude is the regal virtue. The more we practise the breath of the Nine Positives, the more truly do we understand Gratitude. How? --- Practise and find out.

(b) Meaning of True Charity.

And gratitude causes us to give. How closely allied are Charity and Gratitude. A right understanding of the Nine Positives causes us to be charitable. But how few understand True Charity?

THIS SPACE IS FOR YOUR OWN NOTES

If one gives a gift only after he has been importuned, or because it is easier to give than not to give, it is charity, of course, but not TRUE CHARITY. True Charity gives freely from a sympathetic heart before any request has been made and True Charity is not occasional but is constant. Nor is it true Charity if, after the act, there are feelings of regret or self-praise ; for True Charity gives with pleasure, forgetting himself as the giver, the one who has received the gift and the gift itself. True Charity springs spontaneously from a merciful heart, with no thought of any return or of any inconvenience, or even of life itself, desiring that only others with the Self may enter into a life of enlightenment.

(Note: As you doubtless are aware, in certain schools of Buddhism, The Path of Charity is the first of the six paths that reach Enlightenment, the others being the Path of Right Behavior, the Path of Endurance, the Path of Endeavor, the Path of Concentration of Mind, and the Path of Wisdom.)

(c) Equilibrium the One Goal.

And all makes for an understanding of the Divine Equilibrium which is the basis of the Universe. The following are phases of that Equilibrium which we Nobles of The Light will do well to ponder :

(a) That Equilibrium between the Infinite Divine Wisdom and the Infinite Divine Power, from which result the stability of the Universe, the unchangeableness of the Divine LAW, and the Principles of Truth, Justice and Right, which are a part of it. Also the supreme obligation of the Divine Law upon all men, as superior to all other law, and forming part of all the laws of men and nations.

(b) That Equilibrium between the Infinite Divine Justice and the Infinite Divine Mercy, the result of which is the Infinite Divine Equity and the harmony and beauty of the Universe --- teaching us that forgiveness and forbearance are wiser than revenge and punishment.

(c) That Equilibrium between Necessity and Liberty, between the action of the Divine Omnipotence and the freewill of Man, by which vices and base actions, and ungenerous thoughts and words are crimes and wrongs, justly punished by the law of cause and effect, though nothing in the Universe can happen or be done contrary to the Will of God.

(d) That Equilibrium between Good and Evil, and Light and Darkness in the world, which assures us that all is the work of the Infinite Divine Wisdom and of the Infinite Divine Love ; and that there is no rebellious demon of Evil, or Principle of Darkness co-existent and in eternal controversy with God, or the Principle of Light and Good.

There will come to your mind many other phases of the Equilibrium of Life. The above, as some may recognize are the Masonic expression. What we Nobles of The Light are seeking, and through practice coming day by day to know through our advanced enlightenment, is that Equilibrium between Ourselves and God --- that "Whatever the Creator is, I am." That is the final test and understanding of Equilibrium, though few there are who are ready for that supreme knowledge and wisdom of Life Itself.

THIS SPACE IS FOR YOUR OWN NOTES

I advise you this week to REST in The Lord. Wait patiently for him, within thee.

As I write I see myself as a little boy, with a good treble voice, singing as a solo "Oh, Rest in The Lord" in our old chapel down in the West of England whenever there was a funeral. As soon as any member of the church passed on, the old organist contacted me for the event, and as a boy I used to pout a good deal when I was called in to sing "that old song again", and being robbed of my playtime for the purpose. At that time, though they told me that I used to sing the song like a little angel, I admit that I saw no sense to the words . . . indeed, they did not make sense.

But today I know the inner meaning of those majestic words :

"Oh, Rest in The Lord,
Wait patiently for him, and
He will give thee thy heart's desires."

It is the WAITING that is hard for most of us. We all desire to know it all much more quickly than we are evolutionarily developed to understand. But it has been my experience that whenever we do truly wait on The Law, our reward in the shape of our heart's desires comes rapidly and surely.

Therefore, My Beloved, make all the use you can of the silent breath that has been disclosed to you . . . practise, practise, practise so that at any time, anywhere, you will be able to create your own Kingdom of Light within you . . . knowing that as you practise, so that equilibrium between you - and all that you know yourself to be - and the Eternal Lord of Life will be established . . . and established WITHIN YOU.

Be happy, then, this week. Let the Light shine within your consciousness and KNOW that your silent inward attitude towards the Lord within is awakening the Eternal Spirit, causing all barriers to be broken down and bringing into Light the Truth of Truths . . . "Whatever the Creator is, I am."

Feel yourself near to me as your humble Teacher.

Feel yourself here with us at The Institute.

Feel that the whole world is your Kingdom.

Feel that the Wisdom that is in Every Living Thing is your OWN, and that you are the creator of the glorious Universe within you which is unfolding in its eternal beauty.

Noble of The Light, give yourself to patience and forbearance and joy.

Feel that you are bathed in Joy, and that Youth and Truth and Health and Peace are your constant companions.

Peace be unto you today and all the days.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Eighth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
79

THE GRAND REVIEW (13) Retrospect

BREATHING EXERCISES FOR THE WEEK :

(a) By this time you should be improving in the technique of The Breath of the Resurrection, to which you were introduced in your Seventy-fifth Commentary. It will doubtless be apparent to you that in these advanced Breaths, very little "instruction" can be given to you, for their correct execution can only come with practice.

(b) The Breath of the Resurrection is not by any means an "easy" breath, even to those who are in perfectly strong physical condition, while those who are, for instance, carrying too much weight, or who have difficulty in adjusting their bodies to Mentalphysics Breathing practices, will naturally require more time to become successful in this Breath. However, as in all things, practice makes perfect. Therefore, practise!

(c) I may advise you about BALANCE in this Breath of the Resurrection. As you find the posture, and gradually feel the intensity of the force that comes through the gripping of the hands, look within yourself for balance in the body . . . watch if you can feel in the forearms the same feeling of balanced tension that you feel in the buttocks, whether the pressure in the lunar zone (between the shoulder blades) is identical with that in the solar zone (in the region below the ribs), whether the feeling in the Spiritual Zone (at the top of the head) is identical with that at the bottom of the feet . . . and so on. What I am trying to tell you is that the whole body should be in balance, and you should be able to feel that balance, so that every cell in the body may be evenly charged with that Divine Force which you have trained yourself to feel within you.

MEDITATION FOR THE WEEK :

Same as in your last Commentary. Read carefully the references thereto in this Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

As I commence to write this Commentary, for you, I feel within myself that I KNOW what I want to say . . . but HOW to say it?

THIS SPACE IS FOR YOUR OWN NOTES

I would that it were possible for you to be here with me in my study, so that we could talk and explain and PRACTISE together. As that cannot be, I want you this week, every night when you take up this Commentary, to FEEL THAT WE ARE TOGETHER. I would like you to sit in the meditative mood, and feel that you are projecting yourself into my presence . . . imagine that you can hear my voice in the wording that appears in your Seventy-seventh Commentary, commencing under (a) Exercise for Higher Concentration and going right on to the end.

First, thoroughly familiarize yourself with this affirmation - indeed, if you can do so, memorize it ; but in any case get the FEELING that you understand the wording. As previously explained to you, this exercise for higher concentration embodies a deep secret, but the secret is made essentially simple - all that is required of us is that we do the work.

Second, I am to assume that you have practised, and that in your practice you have been able to develop the silence of yourself (or develop yourself in the Silence) so that --

(i) You can go through the Nine Positives in deep concentration, and at the end feel that in the Kingdom of Light that you have created there is not anything BUT light . . . that you can "see" or "FEEL" yourself in the very center of the center of the center of centers of yourself.

(If you can, then chant the word "P-e-a-c-e" evenly and long, several times, watching your breath as you do so feeling that you are intensifying the Light to the point where it absorbs you - you are not conscious of your mind or conscious thinking . . . that you are only conscious - or super-conscious - IN THE LIGHT.)

(ii) After you have done this, taking each of the Nine Positives and demonstrating to yourself all that you possibly can, you will come to the point where there is neither east, nor west, nor north, nor south - where above, below, within, without will be the ONE ESSENCE, the ONE, the PRESENCE. All will be so still and tranquil, so balanced and serene, that you will feel the Equilibrium of Peace and Non-action of the Life of you within you . . . you will become so still as to know Absolute Silence. You are the Silent Watcher.

(In that Silence you will know that you are the "I AM". You are linked with it. You are absorbed in it. You are so lost in it that you feel Its extreme Action and Life within the Non-action of yourself.)

Now, my Beloved, if you are able to get to this state, then I ask you to think. To think, and as you think feel, as you have never felt before, that the Higher Ones are with you, making clear to you the secrets of higher knowledge of Life Itself.

(a) WHAT IS THE "I AM"?

Come along with me, and endeavor to FEEL what I am saying. We are seated together. We FEEL THAT WE ARE IN THE PRESENCE - but what does "in the Presence" mean? What is the "I AM"? What does "I AM THAT I AM" MEAN? I will try to explain and make clear as we go slowly along, seated together, so that the Higher Ones can help us.

We know that we are the Creators of our Own Universe. We know that we are the Creator in human form, and that, through our thought, we - apparently unconsciously, and yet very definitely consciously - create our own Universe . . . so that we then come to see the Universe (which we have created through our mind) as WE ARE, not as it appears. Not until we are able, through the exercise we are discussing in this Commentary, to arrive at that state of consciousness when we know ourselves as in the center of the center of the center of centers, can we understand this secret of the "I AM".

If you can FEEL this infinite depth of the Silence in this exercise, you will be able to follow me. I can only tell you what I myself feel, but we are all alike when we discipline ourselves in spiritual practices.

THIS SPACE IS FOR YOUR OWN NOTES

Now, in that center of centers I SEE MYSELF lost in the infinity of the ocean, just as the dewdrop loses itself ; but while I am lost, and can enjoy and can call upon and use the ALL of the All (if I develop myself to that point), yet I retain my consciousness, so that I see myself as the Center . . . still, silent, unperturbed, immovably fixed in peace, in the center of the "I AM". Seeing myself thus, and feeling the Causality of the Center, I am ready to begin.

(b) THE MYSTERY OF "THE WORD"

These words - you have heard them before:

(A) "In the Beginning was the Word, and the Word was with God, and the Word WAS GOD."

(In this exercise I bring myself to the "Beginning" - there is no space, there is no time - all is THAT. I bring myself to thatstate of Essentiality, to Primordiality, to Causality, to the Eternality of Life. The WORD is hidden within me ; it is "with God" within me ; The Word is God . . . "and the word was God.")
within me

(B) "The same was in the beginning WITH GOD."

(C) "All things were made by him ; and without him was not anything made that was made."

(D) "In him was Life, and the life was the life of men."

I COUNSEL YOU TO THINK MUCH ON THESE WORDS IN THE LIGHT OF WHAT YOU HAVE ALREADY LEARNED. SIT LONG AND THINK FREELY ABOUT THE "WORD" AND "GOD". YOU WILL SEE THAT THE "WORD" IS THE CREATIVE ACTIVITY OF GOD, THE COMMENCEMENT OF CREATIVE FORCE IN ACTION --- THE "WORD" STARTS THE PROCESS OF MANIFESTATION.

YOU WILL SEE THAT THERE WAS NOT ANYTHING MADE THAT WAS MADE BUT BY THE "WORD".

YOU WILL SEE THAT IN THE "WORD" IS LIFE.

YOU WILL SEE THAT THE LIFE OF THE WORD IS THE LIGHT OF MEN.

YOU WILL SEE THAT THE LIGHT OF YOU IS THE THOUGHT OF YOU.

YOU WILL SEE THAT BY THE RIGHT USE OF THE THOUGHT OF YOU, YOU CREATE YOUR UNIVERSE BY THE USE OF THE "WORD", WHICH BECOMES FLESH.

(c) THE WORD IS OUR CREATIVE INSTRUMENT.

There is much in this Commentary that cannot be "explained", but it can be realized. The "WORD" of you is the Light of you, and the LIFE of you.

You create your Universe by what you SAY. Then, when you SAY (declare the WORD) what you say in the Nine Positives, you are bringing into existence, by virtue of being the Creator of your own Universe, that which you know . . . and what you know is your Universe.

I MEAN THAT, IN THAT DEEP STATE OF TRUTH INTO WHICH YOU BRING YOURSELF IN THE CREATION OF YOUR KINGDOM OF LIGHT, when you declare "I AM WHOLE", you CREATE Wholeness. As you contemplate in deep concentration, leading yourself into meditation, what

THIS SPACE IS FOR YOUR OWN NOTES

WHOLENESS TRULY MEANS, you cannot but CREATE it, feeling it, seeing it, BEING it --- for True Being is WHOLE.

Sit and contemplate this profound Truth in relation to all the others of the Nine Positives, and you will find that you have within your grasp the means of creating and sustaining a Perfect Universe in a Perfect Light. This is the First Resurrection - hence "The Breath of the Resurrection".

(d) THE ROAD TO WISDOM.

As I conclude this Commentary, I am so full of feeling of Divine Wisdom in my own soul that I hope that these words will convey to you the same understanding. Seek earnestly after Wisdom, my Beloved.

> "Who is this that cometh out of the wilderness like pillars of smoke, perfumed with myrrh and frankincense, with all powders of the merchant?"

Ah, Candidate, let US seek all the powders of the merchant. Let US seek for that wisdom which is more precious than rubies. Let US be like Solomon and be for ever seeking the Living Light. I close this Commentary by quoting from the author of The Hermetic Mystery :

> "And Solomon with marvelous eloquence and beauty that remains unrivaled, celebrates the revelation of that Living Light which became known to him, with the mysteries of universal creation, not by outward teaching or rational inference from effects, but by the Conscious Intuition, as he relates it, of only one night."
>
> "God hath given to me," says the Wise King, "a certain knowledge of the things that are, namely, to know how the world was made, and the operations of the elements. The beginning, ending and midst of the times: the alterations and turnings of the sun: and the changes of seasons. The circuits of years and position of the stars. The natures of living creatures and the furies of wild beasts; the violence of winds and the reasonings of men; the diversities of plants and the virtues of roots. And all such things as are either secret or manifest, them I know. For Wisdom, which is the Worker of all things, taught me. In her is an understanding spirit - holy, only begotten, manifold, subtle, lively, clear, undefiled, plain, not subject to hurt, loving the thing that is good: quiet, which cannot be letted, ready to do good, kind to man, steadfast, free from care, having all power, overseeing all things, and going through all understanding, pure and most subtle spirits." -- (Wisdom of Solomon, VII.9).

Be happy this week. No harm shall come nigh unto thee. Every day you shall come to me at The Institute - my strength thy strength, and thy strength my strength.

Peace be unto you - Today, and all the days.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Ninth Commentary,
Inner Chamber.

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OM MANI PADME HUM

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COMMENTARY
80

THE GRAND REVIEW (14) Retrospect

BREATHINGS FOR THE WEEK :

(a) Practise the Breath of the Resurrection as much as you feel you wish to.

(b) Enter into SILENT Breathing as often as possible, and, in doing so, feel The Light so intensely that as a result of this week's practice you will NEVER AGAIN be at a loss to know how to create the Kingdom of Light within you.

In your Silent Breathing, gratefully feel that you are one of the Royal Family of Mentalphysics. Feel yourself very near to your Teacher - to the Institute - to everyone in Mentalphysics wherever they may be - to every True Seeker and Toiling Pilgrim along The Path - to EVERY LIVING THING.

MEDITATION FOR THE WEEK :

"I COME INTO THY PRESENCE WITH THANKSGIVING."

It is not he that reads most, but he that meditates most on Divine Truth that knows most. By this time, I dare say that you are always more or less in a state of meditation --- I mean that, when your mind is not actively engaged in some particular form of action, you find yourself divinely bent to meditation. . . . . (This is as it should be, for we should discipline ourselves to constant "communion".) You are expected to meditate much on the true success of Mentalphysics, and the best method is in our own Spiritual Breath. We visualize large numbers of people coming into our beloved philosophy, and we assure ourselves we are individually doing our best. WHO WAS THE LAST STUDENT THAT YOU BROUGHT IN TO MENTALPHYSICS? Think on these things. We owe a great debt to Life Itself -- let us help others share what we ourselves have found.

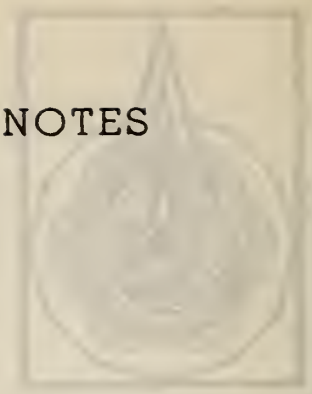
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I quote again for you the following, which will be another means of your comprehending the inner meaning of your sacred breath described in your Seventy-sixth Commentary, and referred to in later commentaries. It is taken from Oahspe:

Page 1.
The Eightieth Commentary.

THIS SPACE IS FOR YOUR OWN NOTES



"ALL was. ALL is. ALL ever shall be. The ALL spake, and MOTION was, and is, and ever shall be ; and, being positive, was called He and Him. The ALL MOTION was His speech.

"He said, I AM. And he comprehended all things, the seen and the unseen. Nor is there aught in all the Universe but what is part of Him. He said : I am the soul of all ; and the all that is seen is of My person and My body.

"By virtue of My presence, all things are ; by virtue of My presence is Life. By virtue of My presence are the living brought forth into life. I am the QUICKENER, the MOVER, the CREATOR, the DESTROYER. I am FIRST and LAST.

"Of two apparent entities am I, nevertheless I AM BUT ONE. Those entities are the UNSEEN, which is POTENT, and the SEEN, which is of itself IMPOTENT, and called Corpor.

"With these two entities, in likeness thereby of MYSELF, made I all the living ; for as the life is the potent part, so is the corporeal part the impotent part.

"Chief over all that live on the earth I made man ; male and female made I them. And that Man might distinguish Me, I commanded him to give Me a name ; by virtue of My presence commanded I him . . . . . "

Read the above in connection with my comment on THE WORD in your last Commentary. Let the thought rest in your mind that YOU ARE THE ONE WHO SETS THE FORCE IN ACTION, and that the result of that action is your life.

A SONG OF THANKSGIVING

I want this Commentary, My Beloved, to be a Letter of Love from me to you. You have been in Mentalphysics long enough to know that, while I consider myself, with deep reverential simplicity, to be your Teacher, I have made no demands of you such as teachership in the true sense gives to the Teacher. For you, though perhaps I have never met you, I feel only the highest Good. In you I see no evil - of you I speak no evil - about you I hear no evil.

This Commentary is written to you, happily enough, on Thanksgiving Day. While we know that EVERY DAY is Thanksgiving Day, and EVERY day is Christmas Day, and so on, it is well that, at these seasons, we take an inventory. We Nobles of The Light KNOW that to Give Thanks is the most necessary, the most wise and the most sacred privilege of life. As your Teacher, I look into my own heart and mind and find that it simply is not possible for me to enumerate the countless phases of knowledge and life activity that have come to me for which I would give thanks. If I were to take a pad of paper and put down the many things of which I am cognizant and for which I am grateful, I would find that they would simply automatically increase ad infinitum.

Suppose, for instance, I were to begin with "HEALTH" : I would find that the one word HEALTH would widen itself, so that numerous phases of the expression of Health would come into my mind, such as -

(a) My glorious body as a unit - vigor, beauty, power, speed, virility, soundness, robustness, and so on - and on. The knowledge that "I", through my body, am a factor in civilization ; that "I", through my body, am able to do whatever I decide or desire to do. From this kind of thinking, there will emerge in my mind -

(b) My glorious body as an organism for the conversion of food and air into Energy and into Tissue - My mind will run to the basis of the body's

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structure, cells, tissue and organs. To the marvelous framework of my body - the bones, the joints, the muscles ; to the Digestive System of my body ; to the Respiratory System of my body ; to the blood and Lymphatic System ; to the Circulatory System ; to the marvels of Nutrition ; to the Excretory System ; to the wondrous Coordination and Control - the Nervous System, to the creative Ductless Glands of my body; the Central Nervous System and the Senses ; and so on.

(c) My glorious Body as the Instrument of Expression of My MIND - So many things will rush into your mind under this head that it is useless for me to endeavor to give you ideas . . . your MIND. We stand in the Very Presence when contemplating our power to THINK.

So I say to you, My Beloved, that it is impossible for us to fully GIVE THANKS for all that we ARE and all that we HAVE . . . yet it is the first command of the Eternal LAW that we must unceasingly GIVE THANKS wheresoever and to WHOMSOEVER they are due. (At this point read carefully pp. 3-4 of your Fourth Commentary, on the LAW of rendering thanks.) When I go further afield in the investigation of my own life, JUST THINK of the COUNTLESS, COUNTLESS ideas for which I must be grateful . . . think of the thousands of PEOPLE who, by their wisdom and their ignorance, have shown me THE WAY . . . think of the countless channels of LIFE through which blessings have flowed to me . . . think of the opportunities for the gaining of true wisdom that have been presented to me - the music, the poetry, the sciences, the arts, the love of human hearts, the interest of others in my welfare . . . think of what I owe to that Great Man in Tibet (my Master), and try to imagine WHAT I could offer to him in full reciprocation of his goodness towards me ---- IT SIMPLY IS NOT POSSIBLE, SIMPLY NOT POSSIBLE.

As you read these words, you will feel that I am filled with Gratitude, but cannot find words to begin ever so faintly to express to all those channels of Life Itself through which the LOVE of Life has flowed and does increasingly flow to me and in me.

Now, My Beloved, what do YOU feel . . and what do you DO to express what you feel?

On this Thanksgiving Day morning true tears of Joy fill my heart as I read the many letters from students who have found what they have consciously or unconsciously been seeking all their lives. I quote from one letter - from a venerable student past the eighty-year mark of experience, who wrote his letter and made special effort that it should reach me by Thanksgiving Morning :

"This morning as I awoke I began to enumerate the many things that have happened to me within the past year for which I should be specially grateful, and of course the main thought was of you and the tremendous influence on my life your Teachings have been. Frankly, I give thanks every day for this in my Meditations, but this being an appointed day for being happy and giving thanks it occurred to me to take advantage of it to express to you what I owe in all conscience to you.

"I have been ready for many, many years, but until I was sent to you the Teacher did not appear. The knowledge that I have hungered and thirsted for was brought to me by you in all the fullness and completeness that I desired. Added to this was the accounting on my private string of a personal association with another Great Man. You must know that I have been associated with many so accounted by the world, and have had the privilege of serving them to the best of my ability in such manner as probably no one else could have done. Quite surprisingly I have fallen into this relation with you. I should have to mention this relation in any recital of the ground of my thanks for what I consider this great privilege, and while I do so I do not at all depart from the main ground, which is an illumination of mind and soul to be expected only from the Teacher of my dreams . . . . You can never know how much I have gained from it and expect still to gain.

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". . . . This is a lot about 'me', but it has seemed that I could not properly picture the causes of my special thanksgivings for you without presenting the individual outlines. I should talk more about 'you', - but after all 'you' are not individual ; you are made up of many. To me you represent all and many, many more of those whom you have taught and are still to teach. Out of this number, some day, shall arise your St. Paul, who is to carry the message to the world.

". . . . And so, my dear Friend, I offer you my special thanksgivings. I am a different person altogether since I pledged you in the bright Falernian of your Teachings. In many respects I have been a poor scholar, but in some I doubt if any of your people can so fully appreciate and realize the profound and grand substance contained in every Lesson that you have placed before mankind. As that substance is Truth, I am impelled to believe that in time to come it will reach every mind capable of receiving it, and thus, eventually, to every human being. . . . . (Signed)."

How beautiful to receive such a letter! How wonderful it is to me to know that of myself I can do nothing. What has come to this student, through me, has come from the great storehouse of Wisdom that is the Integrality of Life. And what has come to YOU, dear Noble of The Light, has come, through me as the channel, from that LIFE and WISDOM and LOVE which you are counselled to give thanks to. Never forget, Beloved, the stream from which you drank, for, should you forget, you will find that one gets fearfully thirsty walking alone in the desert.

This week, then, think of Mentalphysics - what does it mean to you, what has it brought to you, in what regard do you hold Mentalphysics, our Mother. If you love her, do all that you can for her - give of your Love, give of your Being, give of your Inspiration, give to her continuously in your Meditation . . . but, as others contributed of their MATERIAL substance to enable YOU to be reached, so YOU are wise if you, too, give of YOUR substance so that others may be reached, and the GREAT Work go on and on.

Wherever you are - north, south, east, west - it matters not : on this Thanksgiving Morn, from out the Center of the Sun, there comes to you through my heart of love all that is holy and beautiful and true and eternal . . . Peace be within thy gates and prosperity within thy palaces. May EVERY day be Thanksgiving Day for thee. "The aim of all endeavor," says a great thinker, "should be to bring the body into subjection to, and harmony with, the Spirit, by refining and subliming it ; and so heightening its powers as to make it sensitive and responsive to all the motions of the Spirit." How to do this? In a word, with all the wealth of meaning which the Heart of Mentalphysics teaches, to understandingly "G I V E T H A N K S !" As we on this Day of Thanksgiving, standing like a young man glorying in his strength and ready for the running of his race, look forward to the final Day of Emancipation, let us never forget to remember to give thanks . . . which means by DOING what we CAN, . . . remembering that when we do what WE can, God does the rest.

My Beloved, I salute thee in Gratitude - I give Thanks for you. Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Eightieth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
81

THE GRAND REVIEW (15) Retrospect

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

It is vain to seek the Inner Chamber without first passing through the outer. Speaking to you as a man, as your human Teacher, I feel it in my heart to hope that some day we all shall meet. I would delight in having all of us in the Inner Chamber to meet together for human companionship, though I am fully aware that we may, whensoe'er we will, meet in the lofty realms of the Immortal Spirit.

So, in this Commentary, I am drawing nearer to you with my Spirit than I have ever done before. It is only when we can attain inward calm, can free outselves from the tangle of the common daily perplexities and avocations, that we gain a true perspective of the things that so absorb us ; realize the pettiness of most of them ; and cultivate a judgment that will successfully guide us and bring us order and peace. This is the lesson of the ages. In this Commentary, then, I come to you in my Spirit, and as you read I ask you, too, to use your divine imagination as we gather together.

I imagine that you are here at The Institute . . . from all parts of the world we Nobles of The Light, stately of demeanor and happy of mind and heart, are assembling for The Communion, Nobles of The Light move about the corridors. You are eager and filled with joy because you are all to meet together. Quietly you assemble in the Students' Lounge, the outer court. A nod here, a kindly word softly spoken, gives you the greeting, . . the secret handclasp tells you that you have come home. Then the Noble Recorder calls the roll. Then silence overcomes you, as in order and without speech, Nobles file down the corridor to the portals of the Inner Chamber. It is dusk. Night falls fast about us. The door is opened, and Nobles of The Light, in deep reverence, pass the threshold. Our ancient lamp of rare beauty, chased in brass, holds the crimson Light that shines in the East, its glow symbolic of the dawn. In the four corners glow other crimson lights, subdued, soft to the eye of the spirit. Nobles of The Light take their places in our sacred Circle, in the center of which, awaiting Ding Le Mei, is the carved blackwood stool upon which rests another lamp, giving out a purple light. In the north sits the Noble Custodian, opposite him the Noble Recorder. In the center of the Circle, to the right of Ding Le Mei's golden cushion, are the manuscripts, the crimson of the carpet in pleasing contrast.

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The hush of the meditative spirit is upon the Inner Chamber. The silence deepens, as, in solemn reverence, the Noble Custodian gives the command for Order. This officer then strikes the gong, its deep vibration filling the sacred chamber with the pleasing echo of the eternal Om (Aum), . , then again, somewhat louder, as together Nobles of The Light enter more deeply into the silence, . . . then once again, the three vibrations forming the holy signal of the coming of Ding Le Mei.

* * * *

Hushed are the hearts . . tranquil the Immortal Spirit of the Nobles.

* * * *

Within the Silence, with not a sound in movement, the door opens, . . closes, . . . Ding Le Mei enters, moving unshod to the centre, standing, the form of The Triangle shaped with his fingers over the navel, gazing with the eye of his spirit to The Light in the East. Then, in vibrant tones of spiritual melody --

"I GREET MY OWN GURU . . . I GREET ALL GURUS, THE BRINGERS OF LIGHT.

"I GREET THE EAST ** I GREET THE WEST ** I GREET THE NORTH ** I GREET THE SOUTH.

"I AM ETERNAL LIFE ** I AM ETERNAL LOVE ** I AM TRUTH *** I AM PEACE, and PEACE DWELLS IN ME ** I AM POWER ** I AM WISDOM ** I AM JUSTICE ** I AM THAT I AM.

"I GIVE THANKS FOR ALL THAT EVER WAS ** I GIVE THANKS FOR ALL THAT IS *** I GIVE THANKS FOR ALL THAT EVER WILL BE ** I QUESTION NOT THE DIVINE LOVE, WISDOM AND JUSTICE.

"MAY ALL BEINGSBE PEACEFUL ** MAY ALL BEINGS BE BLISSFUL ** MAY ALL BEINGS BE HAPPY.

"P - E - A - C - E . . . . P - E - A - C - E . . . . P - E - A - C - E."

Ding Le Mei, addressing the Noble Recorder, who rises to reply : "Is the Circle complete?" The Noble Recorder reports number of absentees, if any. Ding Le Mei, in purple and gold, then sits in the center of the Circle, while Nobles of the Light rise, and take the Pledge of Secrecy, in charge of the Noble Custodian.

You are reading what I am writing, slowly and lovingly, ... you close your eyes and feel that you are actually, physically, here in the Inner Chamber. Hear these words:

"And now, My Beloved, I ask you to imagine that we have withdrawn from the cares of the outer world. We have left all that is unreal and illusory outside this holy room. We rest in the Womb of Wisdom. We are raised on high - we are in the Upper Room - all is peace within our souls.

"I ask you to imagine that around the Circle, linked as we are into the eternal substance of The One, there is Light . . . a deep Light that holds us protectingly from all harm . . . nothing can penetrate it . . . we are serene within the Light. --- In the Presence, I ask you now to imagine that above us sit the Higher Ones, holding above us the folds of the panoply of Peace, soft as

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gossamer . . the Higher Ones are with us protecting us under the dome of their love, as, according to our desire, do they enlighten us. --- I ask you to feel that WITHIN the Circle, there is Wisdom - pregnant with its power, full and harmonious and of beauty unimaginable. . . . . And so we are happy and we give thanks."

* * * * *

Then commences the personal Teaching, about which nothing can be written.

Our Inner Chamber meetings are conducted never by set routine, but according to the flow of the Eternal Spirit. . . Often the room is filled with the Light that shines through the spirit of us all . . often it is visible to the naked eye. The vibration is so exquisite that no pen can tell, no words portray.

* * * * *

What Mentalphysics, in its highest aspirations teaches (as you know) is that

MAN IS CREATED FOR THE PURPOSE OF BEING THE IMAGE OF GOD.

We Nobles of The Light have learned that Man in his cosmic aspect is a being very superior to that which is commonly called "a man", and which is described in books on anthropology, anatomy, and so on. Such external sciences can deal only with the grossly material body, while the essential body of macrocosmic and microcosmic man is beyond the reach of external observation. The work that we are carrying out goes beyond external observation, of course ; and we have all learned that whereas external science and theology seek to separate man from Nature and Nature from God, and make GOD appear as something distinct and independent of Nature and man, THERE IS NAUGHT BUT GOD --- and that you and I, Man, is GOD IN HUMAN FORM.

From the point of view of modern science, "man" has become an unnatural being, without any conceivable object for his existence. Nature, says the scientist, is an organism evolved by accident and subject to no other than accidental law. The divine, spiritual and creative powers in man and in nature are entirely removed from the field of perception of the "rationalist".

How grateful we Nobles of The Light should be that we have come through all that mental miasma. How grateful we all ARE that we KNOW ourselves to be planetary spirits (so to speak), self-conscious, luminous spheres of unimaginable extent. How wonderful to think that your mental sphere has no defined limits whatever -- that it reaches as far as your thoughts can go. Of course, we know that there is nothing immortal in man - but in MAN there is GOD. By the awakening of that which is divine in us we attain the self-consciousness of our own immortality.

I like to read Jacob Boehme, who was a great philosopher. He says : "The Spirit of God resides from eternity to eternity only in Heaven - that is to say, in His own essence, in the power of the majesty. When it became inbreathed into the image of man, then was heaven in man, as in an image created after his own likeness, and to manifest the great wonders of His eternal wisdom."

It is for us, Nobles of The Light of Mentalphysics, to live it - to hold on to the thought, and knowing ourselves to be a thought factory, to turn out the product true to standard. We must NEVER think negation. We must never lose sight of the fact that we are God in human form, and that it is the sole duty of our life to express every moment, to the full extent of our ability to do so, the QUALITY of GOD. This

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QUALITY is created by our THOUGHT -- as a man THINKETH, so IS he.

* * * *

How can I do it? Ah, THAT IS the question.

Well, My Beloved, there is only ONE way, and that is by helping others. Mentalphysics has brought to thousands a knowledge of life that is PRICELESS.

Is Mentalphysics priceless to YOU? Yes? If so, what about your toiling brothers and sisters . . they stand in the same need as you once stood in. Life brought to you the knowledge - do you remember how you first came into Mentalphysics? Well, they are just as YOU were, and your sole duty to Life, in repayment of the joy that has come to YOU, is to bring others in. I hope that you will see the importance of this. If I were you, I would make up my mind that I would bring into Mentalphysics ONE student every month. Make up your mind to do so, and hold to the thought that you can do it. Then it will take place, and I assure you that there will NEVER come into your life such joy - there is nothing that can compare with bringing another into The Light.

* * * *

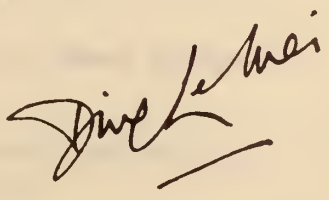
With this thought, as we close our beautiful Inner Chamber meeting tonight, I leave you. We have had a great spiritual feast together. You can still feel the depth of that wondrous vibration. Rest in it, and be happy.

VERY DEFINITELY FEEL GREAT WAVES OF ALL THAT IS GOOD IN ME COMING TO YOU. YOU LOOK OUT FROM YOUR POINT IN THE CIRCLE OF THE INNER CHAMBER, AND THERE YOU SEE YOUR TEACHER, NOW STANDING CLAD IN HIS GOWN OF PURPLE AND GOLD, TURNING SLOWLY AND SHEDDING HIS LIGHT UPON EVERY NOBLE IN THE CIRCLE. THERE IS A DEEP HUSH, FOR THE SEVENFOLD PEACE HAS JUST BEEN CHANTED . . . AND NOW HE LEAVES THE CHAMBER, WHILE ALL DISCIPLES SIT SILENTLY GIVING THANKS.

Peace, dear Brother or Sister, be unto you for evermore.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-First Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
82

THE GRAND REVIEW (16) Retrospect

Greetings in The Bond.

I trust that you have enjoyed and learned something from your last Commentary. I hope that each time that you have read that Commentary, you have been able to project yourself in imagination to the Inner Chamber at The Institute, and that you have felt the vibration of Truth coming to you as a result. Therefore, specially earmark Commentary Number Eighty-one, so that you may come back to it at any time to enrich your soul, and to gather to yourself the effect of the technique disclosed to you.

Moreover, whenever from this time henceforward that you are studying your Commentaries, always feel that you are with us in The Inner Chamber - you are not in your own room, you are here, and you can feel the harmony of the Light in the East, you can hear the voice of your Teacher, you can catch the spirit of your fellow Nobles of the Light, and altogether rest in that state of higher consciousness which the vibration of the Inner Chamber engenders. NEVER AGAIN, THEN, WILL YOU BE SEPARATED FROM US : ALWAYS WILL YOU BE ABLE TO FEEL THE PRESENCE OF YOUR TEACHER. The study of your last Commentary will bring you into a kind of new birth, for nothing can take from you your own power to visualize and imagine whatsoever you desire.

(a) The Regeneration.

"Verily, verily, I say unto thee : except a man be born again, he cannot enter the Kingdom of God." - John iii, 3.

"Art thou a MASTER of Israel, and knowest not of those things?" - John iii, 10.

"Whoever will come after Me, let him deny himself, and take up his cross daily, and follow Me." - Luke ix, 23.

Our rebirth has taken place. We now know the meaning of these quotations. We feel that we have attained somewhat to true spiritual knowledge. We know that no man can attain spiritual knowledge without BEING spiritual, and we know that it is not INTELLECTUAL man that knows the Spirit, BUT THE DIVINE SPIRIT THAT ATTAINS SELF-KNOWLEDGE IN MAN. As you look back over the time that you have been in Mentalphysics,

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are you satisfied that you have made some progress. Take your mind back. Can you imagine what were the conditions of your life then, compared with now? Do you feel that the regeneration has taken place in your life? To the carnal natural man the Spirit of Life means nothing. He cannot comprehend it, and to him the Spirit of Life is foolishness.

Says Boehme : "It is self-evident, and requires no further proof, that we are all made up of flesh and blood, and that we are mortal. Nevertheless, the "mortality" (as we have learned in Mentalphysics and as we have DEMONSTRATED in our lives) is subject to our observance of The Law : If we transmute our "mortality", we become the Truth of our Life, which is immortality, and we are then able to lay down our body and take it up again. We have learned that we - Man, made for the purpose of being the Image of God and for the purpose of expressing God in all that our activity embraces - are Temples of the LIVING GOD, and we know that the LIVING GOD DWELLS WITHIN US.

As I write these words, I am, however, impelled to ask you - and myself - whether we do truly KNOW THIS TO BE TRUE? Do we KNOW it in its very Truth that we FEEL that GOD IS WITHIN US, and that naught matters but that one Truth of Life? Do you every moment of every day feel that, no matter what you start out to do, that it is GOD (or whatever name you care to use) who does it. Do you REALIZE in your life what you learned in your twenty-sixth Commentary, as follows :

ETERNAL LIGHT OF LIFE WITHIN ------ My Life IN THY ETERNAL LIGHT.
THY SPIRIT IN MY SOUL ------ My Soul IN THY SPIRIT.
THY BREATH IN MY BODY ------ My Body IN THY BREATH.
THY LIFE IN MY BLOOD ------ My Blood IN THY LIFE.
THY LOVE IN MY HEART ------ My Love IN THY HEART.
THY KNOWLEDGE IN MY HEAD ------ My Knowledge IN THY WISDOM.
THY POWER IN MY HANDS ------ My Hands IN THY POWER.
THY FREEDOM IN MY FEET ------ My Feet IN THY WAY.

And again, from the same Commentary :

THE TRUTH OF MY BODY IS SPIRIT
THE TRUTH OF MY BODY IS LIFE
THE TRUTH OF MY BODY IS KNOWLEDGE
THE TRUTH OF MY BODY IS POWER
THE TRUTH OF MY BODY IS LIGHT
THE TRUTH OF MY BODY IS HEALTH

*** AND WEALTH - and BEAUTY - and STRENGTH - and WISDOM - and PEACE - and LOVE - and GRACE - and JOY - and POISE - and FREEDOM - and PRINCIPLE - and LIGHT !!!

(b) The Meaning of Desire.

Do you FEEL this to be true. Looking back, and making your analysis, do you feel within your inmost spirit that you have come into this realization through the power of your mind and understanding, and that it EMANATES THROUGH YOU IN ALL THAT YOU DO AND THINK AND FEEL AND SAY AND KNOW? . . . IF NOT, My Beloved, be of a brave heart - the work is being done as you faithfully practise and study and endeavor to bring out in your life what you have placed intellectually in your mind of the working of The SPIRIT OF LIFE - which is God within you.

THIS SPACE IS FOR YOUR OWN NOTES

Keep desiring the good gifts. Each morning, when you arise, declare that throughout the day, you will continually DESIRE to know more, to be more, to have more.

Remember that the DESIRE is the reflection of the Light and the power of the Light - the desire within you is proof that the soul is urging you to become into possession of the noble Image made after God's Likeness, which you are.

We have within us two great principles -

The PRINCIPLE OF LIGHT ------ WHICH IS PERCEPTION.
The PRINCIPLE OF FIRE ------ WHICH IS OUR WILL.

Whenever we DESIRE anything at all, we use one or both of these principles - we perceive that which we should do through the principle of Light, and we DO what we should do through the principle of Fire, which is your Will. YOU MUST REMEMBER THAT YOUR WILL IS FREE. . . with all the equipment, you are still free to use it or to not use it.

(c) The Blessing of Liberty of Choice.

Read this carefully:

"I created man, even from the first, that he should learn to be an independent being. . . . And when my angels had taught Man speech, making man name all the animals in the world, after the names the animals called themselves, I commanded My angels to come away from Man for a season.

"To My angels, I said : Behold of all the animals I created in the world, to man only gave I capacity to transmit knowledge by words. And to Man only gave I capacity to comprehend an idea of Me, his Creator.

"Nevertheless, I inspire all living animals which I created ; but they know it not.

"I inspire the spider to make its net ; the bird to build her nest; the wild goose to fly to the south before the winter cometh ; the mare to neigh for her colt ; the ant to lay in its stores ; the bees to dwell in a queendom ; and so on, every living creature do I move and control by My inspiration upon them.

"TO MAN I GAVE LIBERTY TO ACQUIRE WISDOM BY OBSERVING THE METHOD OF MY WORK, AS I MANIFEST IN OTHER LIVING CREATURES. . . . I HAVE ALSO GIVEN MAN CAPACITY TO ATTAIN TO KNOW MY INSPIRATION IN CONTRADISTINCTION FROM THE INSPIRATION HE RECEIVETH FROM HIS SURROUNDINGS. . . . TO NOT OTHER CREATURE GAVE I THIS CAPACITY.

"What cometh of Me is without pain or injury to anyone, and with liberty unto all. Such are my inspirations. . . When man witnesseth a battle he is inspired to battle ; when he witnesseth peace and love, he is inspired to peace and love. . . . What moveth man in consonance and wisdom, and to life, is My inspiration. What moveth man to dissonance and folly, and to death, is inspiration to man's surroundings.

"I inspire the serpent to bite to death ; for thus I created it. This is no sin, for it fulfilleth its labor: it is the remnant of poison of other eras.

THIS SPACE IS FOR YOUR OWN NOTES

"MAN I CREATED NOT TO DESTRUCTION, BUT TO LIFE, WISDOM, PEACE and LOVE TOWARD ALL. . . . WHEN MAN PRACTISETH VIRTUE, WISDOM, TRUTH and LOVE UNTO ALL, HIS INSPIRATION IS FROM ME DIRECT. WHEN MAN PRACTISETH DESTRUCTION AND SELFISHNESS, HIS INSPIRATION IS INDIRECTLY FROM ME, THROUGH THE CONFLICT OF HIS SURROUNDINGS. And THUS BECOMETH HE EVIL INSTEAD OF GOOD.

"BY DIRECT INSPIRATION DO I MOVE UPON ALL THE ANIMALS I CREATED. THIS I ALSO CREATED POSSIBLE UNTO MEN, SEPARATE FROM INDIRECT INSPIRATION."

(c) We Must Not Abuse Freedom.

You can see that the message of this Commentary is FREEDOM - you and I ARE FREE to do whatsoever we will. A student rushes into my mind as I write. He had been a student in Mentalphysics for some months. From the time he entered, he was full of questions ; he wrote long letters to me as his Teacher, the sole purpose of which was to argue with himself. He had been ill for many months, and his purpose in coming into Mentalphysics was to "get well". He could not see that his self-arguments were his principal stumbling block. After some time, it became necessary for me to tell him that he must become a humble student and DO THE WORK. He dissented, and withdrew. Thereafter, still feeling the urge of the soul within him for freedom, he took up another study - the same procedure was followed, only his new teacher would not write personal letters to him in pursuing the arguments. The student objected strenuously, and remained with that teacher only two months. He then went to another teacher, and another, only to return to Ding Le Mei after much suffering. When he expressed the wish to again become a student of mine, I laid down the law that he was not to write to me unless he was so instructed, but that he must follow out my instructions daily. This he did, and today he is the "happiest man in the world". WHY? Because he formerly used his freedom for self-destructive purposes.

While we are free, we must use only the TRUTH of Life in our own living - then do we remain free by that Truth that makes men free.

I trust that you will most carefully ponder over the truths contained in this present Commentary. The old "Adam" must be crushed. We cannot rise above a thing as long as we have not attained its highest level- do not argue with yourself, surrender to THAT.

May you have abounding Joy this week in all that comes into your life. Practise Joy, and Peace and Power and Love and Beauty . . . Live in your own paradise, your own fairyland of the Spirit.

HE TO WHOM TIME IS THE SAME AS ETERNITY,
AND ETERNITY THE SAME AS TIME,
IS FREE FROM ALL CONTENTION.

HE TO WHOM SORROW IS THE SAME AS JOY,
AND JOY THE SAME AS SORROW,
MAY THANK GOD FOR HIS EQUANIMITY.

Peace be unto you today and all the days, and may Love wait upon thee all ways.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

Ding Le Mei

End of The Eighty-Second Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

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COMMENTARY

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THE GRAND REVIEW (17) Retrospect

BREATHINGS FOR THE WEEK :

Engage in whatever Breathings you feel inclined towards. (While I do not enforce physical breathing regularly each day, you must watch yourself, and you must yourself be the judge. If you feel that your "health" is perfect, and that through habit you have come to breathe all the time unconsciously in rhythm, then there will not be so great a need for physical breathing, but rather for silent breathing. DO NOT IGNORE THE NEED OF PERFECT PHYSICAL BREATHING, HOWEVER.)

MEDITATION FOR THE WEEK:

"MAN IS GOD IN HUMAN FORM. . . I AM GOD IN HUMAN FORM. . . I AM GOD."

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

It happens that I am writing this Commentary very near to the end of the year. . another unit in the man-made measure of Time is passing. WE know, however, that every day is NEW YEAR'S DAY ; each morning, each moment, each breath starts a NEW period of Life . . . but you, of course, know that Life is The Present Moment - none of us have more than the present moment. Nevertheless, it is an admirable opportunity at the New Year to take stock of ourselves.

And this is what I again invite you to do in this Commentary. You are aware through what you have learned and are learning that subtle bonds of rhythmic influence connect every human being with the vast spirit and spaces and substances and energies of the universe, and OPEN TO YOU ILLIMITABLE RESOURCES IF YOU USE THEM ARIGHT. That is the crux of our life problem. ARE YOU USING THEM ARIGHT?

Even the KNOWING does not confer the power to do . . . DESIRE and WILL decide that.

IT IS ONLY THROUGH USE THAT KNOWLEDGE BECOMES A HABIT - AND THEN A POWER.

THIS SPACE IS FOR YOUR OWN NOTES

(a) You Are Greater Than You Used to Be.

Vivikananda wrote : "Each soul is potentially divine. The goal is to manifest this divinity within by controlling Nature, external and internal." And it is obvious that we can only do this by practising the method of doing it. Already you have learned that the life-current of you is your Thought, and you know that your Thought is more subtle than radio-activity, and it depends entirely upon you as to how high you shall raise it. Doubtless you have come to the point in your own self-unfoldment where you feel yourself very near to the Great Silence most of your waking time. You feel that THAT WHICH IS is more easily FELT by you than ever before. You feel that, no matter where you are, at times when you are not definitely engaged upon any definite activity, your mind and emotions are centered upon the great current of Life Itself within you, and you seem to understand the riddle of the universe much better than you used to be able to. You feel that there is within you an understanding greater than once was. You feel that you understand yourself much better than you used to, and you understand what it is that causes the universe to be sustained and kept together in The Law of Life.

For that understanding you are grateful, and your heart sings in joy much more than was formerly the case with you. You feel that there is no such thing as sickness for you - you will never be "ill" again, and you are grateful for that irrevocable knowing within you. You feel that you will never be unhappy, and fearful, and downhearted, and rebellious against affairs of life again - and you are grateful for that something within you that has made the way a little clearer for you.

You also feel that you understand, in spite of yourself, that there is a guiding force - God, The Law, the Supreme Wisdom, called by any name you will - which does all things well, if only you can conform in your life thought and activity with it, allowing IT to work through you and for you. AND YOU FEEL THAT YOU KNOW THAT IF YOU CONFORM TO IT, YOUR LIFE IS FULLER AND RICHER AND MORE ABUNDANT FROM EVERY POINT OF VIEW.

(I could go on and on, pointing out to you the many little "finenesses" of understanding of the things of life that have been revealed to you through Mentalphysics, but I invite YOU this week to write them down. Take a sheet of paper, and just browse around in your mind to see how many different phases of knowledge have been vouchsafed to you since you have been in Mentalphysics. This will help you to crystallize your own thinking, and will cause currents of joy to run through you as you contemplate the wisdom and the love of that fuller LIFE which you are coming to understand.)

(b) Use Your Knowledge ; Grow in Wisdom.

Never fear that I am treating you as a little child. You ARE a little child, and we must learn as little children learn. To regularly take stock of yourself is one of the greatest secrets of self-advancement.

Now, having done all this, and having analysed your own life and your own ambitions, and having come through meditation to KNOW what you have to DO in the future, then turn your attention upon the progress that you think you are making. Are you entirely satisfied? . . . If so, awake! To be satisfied with yourself is to be dead. Are you dissatisfied? . . If you are, rest in your spirit, for to be dissatisfied is to be a murderer. I speak in riddles? Yes, I think I do ; but YOU will understand what I am writing. Of myself I can do nothing - that is true ; and you see the logic of this. Yet WHO is to do it, if you do not?

Again --- IT IS ONLY THROUGH USE THAT KNOWLEDGE BECOMES A HABIT ** AND THEN A POWER.

THIS SPACE IS FOR YOUR OWN NOTES

You know that concentration and meditation are the only entrances to the blessed realm of Silence, the "knowledge space", where reside all things that can be known. It is as if we are always living just outside the door of this glorious kingdom of knowledge : meditation opens the door ; upon entering we may take away with us all the knowledge that we are capable of taking away, and as we take that knowledge and USE IT, so do we have more and more power added unto us to take still more knowledge.

It is all so gloriously simple. The reason that so many people fail, and among them are to be counted those who are truly interested in not failing, and who endeavor to equip themselves to succeed in what they do, is because THEY DO NOT USE THEIR KNOWLEDGE IN DOING WHAT THAT KNOWLEDGE IS INTENDED TO BRING INTO MANIFESTATION IN THEIR LIVES.

Therefore, I ask you : "How are you USING what you know? Is your Knowledge being directed into the right channels? Are you a blacksmith when you should be an author? Do you, as you look into your life, feel that 'circumstances' do not allow you to DO WHAT YOU WANT TO DO?"

Now, as we know full well that everything is the result of causes, it will be clear to you that - despite the fact that you may know something - if what you do (the cause) is not in correspondence with what you KNOW, the result is bound to bring disappointment. Whereas, if you DO in life what corresponds with your knowledge, then the result is bound to bring you satisfaction of heart and mind, joy, ambition, inspiration and a perfect state of being. You then will feel, and know that you feel, that you are resting in The Law, and that The Law is working out its full purpose in your life -- you will "fulfil your destiny".

These simple expressions of Truth may strike you as quite elementary, and you may not at first feel that they will "fill the bill" in your life ; but as you let your mind rest upon them, they will enlighten you, and cause you to more correctly order your life, and Do what you SHOULD do according to your knowledge, which is your POWER (but only when you put it into right use is it your Power).

(c) Truth Is Profoundly Simple.

It is so perfectly simple. When you meditate, you unfold within you POWER which will cause you to rise to your highest aspirations. You are charging the battery. You are releasing your hidden powers. When you gain through meditation the vision of what you would like to do, through analysis, you will find that it is what you SHOULD do, according to the Universal Law of Life. You have charged yourself with the power to DO it. Then with all your might, you must concentrate upon it. In concentration, you develop still higher power - the power of higher forces on higher planes of activity. You rise and rise. HOW? Because every one of these varying planes is positive to the next below, and negative to the one above ; and the higher they are, the finer, swifter and more subtle are the vibrations. As you progress, gaining more and more control and power over the things of the physical realm of life, as also greater insight into the mental realms of your being, you receive irrefutable proof that THE SPIRIT BRINGS OUT POWER WHEREVER IT IS FOCUSSED. Yes, it is all so perfectly simple, and simply perfect . . . but YOU must exert the law of mastery to become the master.

You are reminded that the internal man is formed in the image of the whole Cosmos (Man is made for the purpose of BEING the image of God), and the germ of correspondence of every principle, from the lowest to the highest, is in every human being. And, as one writer has put it ; "All aspiration and striving for excellence, all recognition of the value of the best, even on the material plane, and dissatisfaction

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with anything short of that best, is the struggle of these potentialities for recognition and for opportunity to develop."

The plan of the Universal Wisdom for the human race can never be thwarted, no matter how blindly we go astray. We look around us and see people failing everywhere -- WHY? Because they DO NOT KNOW, they have not the knowledge, and therefore the power. WE Nobles of The Light, have the knowledge, therefore the power; we USE the power, and, if we will but CONSTANTLY USE our power, we may go on from height to height of mastery on the threefold plane of existence.

How I would love to see YOU reach the very height of your own true desires during the New Year (remember I am writing this on the eve of another year)! You have been faithful in learning, in gathering knowledge . . . now be faithful in USING it, Resolve that you will, radiant with Light and unafraid of aught, bring into manifestation in your own life the very HIGHEST that is within you. Be a success. Be an immortal, and behave like one. Be a god, and act like one. BE GOD IN HUMAN FORM, using your power of observation, concentration, meditation to act as God acts and think as God thinks. AND THE WORKS OF GOD ARE ALL AROUND US AND WITHIN US *** ALL THAT IS THE "OBSERVED" , YOU AND I ARE THE OBSERVERS, willing to DO what we OBSERVE.

Remember that as God (or whatever word you care to use) is Lord Over All, so man in the power of God is to be Lord over this world.

Man (you and I) can attain real similarity to Universal Wisdom only by decisively willing to put our wills into Universal Wisdom. You have the liberty of choice as to what you shall do. The Light of Divine Wisdom acts within you as a desire, and your desire is the Light of you which wants to come into possession of the noble IMAGE, because it was created only for the world of Light, and not for darkness.

I hope, My Beloved, that you will gain comfort and inspiration from this present Commentary. Quit ye like men - be strong!

No matter what the time of year, feel that this is your New Year's Day . . . that you are making new resolutions . . . that you feel you possess the hidden knowledge not given to the masses of HOW TO MAKE YOUR LIFE A PERFECT SUCCESS IN EVERY WAY . . that you will put on the armour of the might of Life Itself, and focus your concentrated attention on the good that you can do. Feel that the whole world is in your keeping - that every human being is your own especial care - that you MUST help others on the way, and that what has come to you shall come to them through you.

Bring them into Mentalphysics - sit right down as you read and write to someone, telling them the story. Tell your friends. SEEK the way to help others and so spread the Light, and that Light will grow all the brighter within you for USING IT. May this week be a week of profound joy and peace and plenty and love. Feel yourself ever near to me, as I am near to thee.

And may that Peace which passeth knowledge be yours for evermore.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Third Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

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COMMENTARY
84

THE GRAND REVIEW (18) Retrospect

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In the last few Commentaries you have been exhorted to constantly "take stock" of yourself. While it is true that the mark of the Initiate is his lack of interest in himself, knowing that he lives for The Great Work, he must be sure of himself. In this Commentary, as I assume that you ARE taking stock of yourself and accurately determining the phases of strength Mentalphysics has already developed in your life, as well as recognizing the weaker points, I wish to indicate HOW you may grow in steadily increasing usefulness to yourself and to all those with whom you are brought in contact.

You will understand me when I say that YOUR life is no longer your life - you are, by your own judgment upon yourself and your intense desire to help the human race, a SELF-CONSTITUTED ELDER BROTHER.

You live for LIFE ITSELF.

Your life is placed at the service of others. . . . You gain what you give. . . . You know that you are a fellow-custodian with the Creator. . . You know that you are God in Human Form, and your life is solely FOR DOING THE WORK OF GOD IN GOD'S KINGDOM OF HUMAN BEINGS.

Now, as a willing apprentice of THE WAY, as a seeker of essential Truth - of Life, of human beings and their mode of thought and action, of your own constantly refining thought and activity, there is a golden meaning to be silently watched for. You are an Idealist - you must unceasingly cultivate that idealism which is born with the unfoldment of your own divine nature . . nothing must ever dim the vision of your idealism, for the Kingdom of Heaven MUST be established - by you and by me . . THAT IS OUR WORK.

(a) After Mastery of Self - What Next?

In declaring that your life is no longer your own, I am to assume, and I do assume, that you have come into mastery of your OWN thought and activity in life. You are the Master of Yourself. (Rest and think what I mean by this, - go back in

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your mind to what you have learned ; REALIZE that you are God in Human Form.) The next thing is HOW are YOU to do your part in the world of life among your fellow human beings so that you shall extend the Kingdom and Spread the Light?

You have been taught to be idealistic in Mentalphysics - imagining, dreaming, building through your Creative imagination God's kingdom on this earth in your own consciousness - first, for yourself, second, for others.

But you have also been taught to be practical, realizing that life is no theory but a fact. Allowing my mind to dwell on this, I have but two thoughts for you in this present Commentary - namely, THE IDEALIST and THE REALIST.

We find Idealism in Youth. We find Realism in Age --- WE ARE AGELESS, therefore our idealism is unabatable, and our realism is fully established in our experience. It is by no mere whim that, in Greek mythology, young Icarus was made to fly too high until the wax of his wings melted and he fell into the sea, while Daedalus, the old father, flew low, but flew safely home. . . BUT HOW ARE WE TO REMAIN IDEALISTS, AND BECOME AT THE SAME TIME PRACTICAL REALISTS? The answer is, through right thinking, in carefully developing what may be called realistic idealism hand in hand with idealistic realism.

We must, I repeat, unceasingly cultivate the Idealism which is born and grows with the unfoldment of our own divine nature, but must also be so practical as spiritual realists as not to, on the one hand, have our own hearts broken with disappointment as we endeavor to lead others into The Light, nor, on the other hand, express ourselves in everyday life as to be considered fanatics by those with whom we must mingle (for that injures The Great Work).

(b) Idealism vs. Realism.

The difference between the realist and the idealist may be said to be the difference between the masonic symbols of the Square and the Compass. The Square is an instrument adapted for plane surfaces only, and therefore appropriate to geometry, or measurement of the earth, which by the ancients was supposed to be a plane. The Compass is an instrument that has relation to spheres and spherical surfaces, and is adapted to that branch of mathematics that has to do with the heavens and the orbits of the planetary bodies. The Square is a natural symbol of the earth, the Compass an equally natural symbol of the heavens and all celestial things. We must then be as the square equally as the compass, dealing successfully with the things of the plane in which we live, ever striving also for an understanding of and inspiration from the plane we secretly aspire to attain.

Under the heading of the Idealist, I need have little to say, for the whole of our secret work builds us into that priordial idealistic state over which man has lost his sovereignty. Throughout your teachings in Mentalphysics you have been imbued with that transcendent vision of life which was born in your mind with your "Holy of Holies" lesson early in the Initiate Group Course. But you were very early warned, in the development of your divine imagination, not to allow any conflict between the Imagination and the reason - not to allow any conflict between your idealism and your realism.

Human life for the realist moves on on the line of least struggle and the least resistance. A spiritual recognition of this develops a certain calmness of mind, which enables one to swallow insults and find oneself in harmony with the universe - patience, contentment, non-recognition of evil, a passive strength. If you were to mingle much in practical daily life with the Oriental - particularly the Chinese philosopher - you would be immediately impressed, as I was continually impressed during my many years residence in China and also in India, with the deep realistic

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note in the national character. A Chinese, for example, though he may be a great philosopher and seeker of life's truth, would reason with you something like this :

> "As a people we are great enough to draw up an imperial code, based on the conception of essential justice, but we are also great enough to distrust lawyers and law courts (consequently 95 per cent of legal troubles in China are settled out of court). . . . We are great enough to denounce vice, but we are also great enough not to be surprised or disturbed by it. . . . We do not teach our young in the colleges a course of political science from books, showing how a government is supposed to be run, but we teach them how our municipal, provincial and central governments are actually run. (In Mentalphysics : "Do what you can do ; God does the rest"). . . . We have no use for impractical idealism, as we have no patience for doctrinaire theology . . We do not teach our young to believe that they are the sons of God until we have taught them to behave like sane, normal human beings . . . We seek first to become essentially humanists, harmless as doves and wise as serpents, leaving our growth to the Law of Life, knowing that we shall always reap what we have sowed. . . We recognise the necessity of human effort, but we also admit the futility of it - this development of mind places us in accord with The Law -- "Thou in me" ; the Father within me, He doeth the work."

Thus reasons the average Chinese - the everyday Chinese, just as does the philosophically-minded Chinese.

We in Mentalphysics know, however, that in man there are forces which natural life does not develop, and the life might pass away if the forces remain idle. To open them up, to make man divine, that is the task of the mysteries - and everything that you and I undertake in order to awaken the eternal within us, we do in order to raise the value of the world's existence. But to DO anything whatever we must be practical - we must be realists, accepting conditions as they are, and by slow and steady effort knowing that we refine them -- yet of ourselves we can do nothing.

When, for example, we broach the subject of Mentalphysics to our friends, and receive a blank negative or a refusal of consideration, we must not, as idealists, be in the slightest degree cast down or disappointed - if we are disappointed, we are the losers to the degree that we are disappointed. No, we must be realists and idealists in combination, knowing that as we do our part HE doeth the rest, and HE doeth all things well. Rather must we take the view that Jesus assumed when, on the Cross, (and we shall know what this means later on), he looked down upon them and said, "They know not what they do!"

(c) The "Ecstasy of Indifference".

As realists, we must expect neither success or failure - we must merely spread The Light, leaving the rest. We have learned in our experience, how hard it is to "melt the substance" in our own lives so that the gold of wisdom may be extracted - why be perturbed when we see others as WE used to be? Nevertheless, just as a prospector goes a long way before he makes a strike, he is always expecting one; and finally it usually comes. In OUR search we must be like him, doing the work of Life Itself. IN A WORD, WHEN WE BECOME ENLIGHTENED, WE SEE THAT A HUMAN PERSONALITY DOES NOT LIVE IN AND FOR ITSELF, BUT FOR THE WHOLE HUMAN RACE AND THE WORLD.

> (The Force, of course, with which we have become identified, is the universal substrate of life ; that which centrally subsists in all

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that circumferentially exists from it, and without whose presence no existence would be possible - the Light which in the philosophical prologue of the gospel of St. John is called the "life of men" and "without which nothing has been made", however unconscious of its latent presence its creatures may be - for it "dwelleth in darkness and the darkness comprehendeth it not". It is the Light that, exteriorly to that of the solar and stellar bodies and all other derivatives from it, originated at the primal Word of God . . . . "Light, rare untellable ; lighting the very light ; beyond all signs, description, language ; the garment or 'glory' of God - the 'Fire which is the Father of All Things'.")

And how wonderful it is for us Nobles of the Light that we know it! How supremely happy we should be that we have been privileged to be given this knowledge, while we look out on countless thousands to whom, as yet, it is a closed book. Therefore, My Beloved, let your light shine! Be an Idealist and never allow your inspiration to die down ; but, above all, be a Realist and practical in all things, working with the Father and doing the Father's work unceasingly and uncomplainingly.

Think much, then, this week not so much upon your own growth, but upon the vaster conception and the universal ideal. The mark of the initiate, I remind you, is his lack of interest in himself, in his own unfoldment and his own personal fate, and all aspirants who are to be used by the Higher Ones must master the technique of disinterestedness. Our personal Fire must be transmuted into Cosmic Fire - our personal love must become universalized - our personal ambitions must be submerged in the desire to unceasingly be used by Life Itself for Life Itself as we mingle with our fellow-men for their good.

Be happy, My Beloved, in re-dedicating yourself to the Universal Ideal. This week shall be a week of true service. See whether this week you cannot bring even ONE into Mentalphysics, and work with joy in your heart for the advancement of our glorious philosophy.

My peace I send to you . . I embrace you in that wide love of Life. You are Whole - you are Perfect - you are Strong - you are Powerful - you are Loving - you are Harmonious - you are Rich - you are Young - you are Happy.

Peace profound.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
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COMMENTARY
85

THE WAY OF ATTAINMENT (1)

Practice of the Royal Art.

My Beloved Student in Mentalphysics. Noble of The Light :

Greetings in The Bond.

In your last Commentary I wrote : "NOW, AS A WILLING APPRENTICE OF THE WAY, AS A SEEKER OF THE ESSENTIAL TRUTH OF LIFE, OF HUMAN BEINGS AND THEIR MODE OF THOUGHT AND ACTION, OF YOUR OWN CONSTANTLY REFINING THOUGHT AND ACTIVITY, THERE IS A GOLDEN MEANING (MEAN) TO BE SILENTLY WATCHED FOR."

You have been taking stock during the past few weeks. You know where you stand. You are absolutely honest with yourself. You are determined that your life shall be devoted to the Great Work. You seek the Way of Attainment, the Path of Knowledge, and you know that what you ARE and what you HAVE must be used by you for the benefit of others, and that that is the ONLY WAY by which you can make progress to The Heights. Therefore, you are more than ever interested in THE WAY.

(a) The Power of Right Knowledge.

I am sure that you are able to realize now that in the search for Truth there are certain questions that are immaterial. In an outer sense only, it is of little interest to know, for instance, of what substance the Universe is made . . . in the inner sense, we KNOW that the Universe is made of LOVE. Is the Universe eternal? . . Are there limits to the Universe? . . What is the ideal form of human society? . . . We in Mentalphysics know that such questions have little relation to true personal Enlightenment. We have learned enough of these things to enable us to see the TRUTH OF LIFE ITSELF and of EVERY LIVING THING. We need tarry no longer. If one were to postpone the search and practice of THE WAY until such questions were answered, he would Die before he even found the Path that leads to Life.

For example : Suppose that a man were pierced with a poisoned arrow and a surgeon were called to extract the arrow, but the man objected, saying, "Wait! Before you begin, I want to know who shot the arrow. I want to know if it were a man or a woman. I want to know whether it were one of noble birth or a peasant. I want to know what sort of a bow he used. Oh, there is so much that I want to know before you begin, doctor . . . I want to know. . . I want to know. . ." Before he could even finish saying what he wanted to know, the poison would have had time to circulate, and the man would pass on. Obviously, the first thing was to remove the arrow. . . . Now, we Nobles of The Light have all the knowledge of the Universe that we need to proceed truly along The Way . . .

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We know that --- GOD IS ALL THAT THERE IS.
THERE IS NAUGHT BUT GOD.
WE ARE GOD IN HUMAN FORM.

(We must practise the feeling within ourselves
of the expression and manifestation of God.)

We must now press on as fast as we are able, safely, cautiously, knowing that the Fear of THE LAW is the beginning of Wisdom. We are ready? . . that is sure. Let us, then, PRESS ON, PRESS ON!

(b) God's Universal Unchangeability.

As you have been analyzing yourself, you DO - do you not? - REALIZE that you ARE GOD in Human Form. God - the Father-Mother, the ALL - as an infinite and not manifested Spirit cannot be regarded as a personality. But whenever the Divinity becomes manifested as a personality, THEN HE IS PERSONAL. God is unchangeable, and has no beginning in time; the "beginning" refers only to the manifestation of His Power in Nature. Nature - (and you and I are a part of Nature, as we are a part of super-Nature) - is a continually revolving wheel . . . the concurrence of causes and conditions, all from the same source, so that we see there can be no fundamental distinction in the nature of things.

Note - Apparent distinctions and differences result from deluding thoughts. There is no distinction between east and west, but people create the distinction out of their own minds, and then believe that it is true. Thus the deception of the senses, Though at first difficult to realize, in the universal process of becoming, there are inherently no distinctions between the process of life and the process of "destruction" and "change". People make a distinction, and call the one life and the other death. Again, in action, there is no difference or distinction between "right" and "wrong" . . what happens is, believing in apparent distinctions people grasp after their own imagined comfort and convenience. . . . . ALL IS ONE - THAT ONE IS GOD - GOD IS EVERYWHERE, UNCHANGEABLE - THERE IS NAUGHT BUT GOD.

Once we firmly build this Truth into our consciousness, then ALL our troubles are behind us. But what happens with the average human being? Let me illustrate by telling you of a man who, on a long journey, came to a river. "This side of the river is very dangerous," he said to himself, "the other side seems easier and safer. But how can I get across?" So he built himself a raft out of branches and reeds and safely crossed the river. Then he thought to himself - "This raft has been very useful to me. I will not abandon it to rot on the bank, but will carry it along with me." Thus he assumed a voluntary burden. Is he a wise man? What do YOU think? Is it not true that when even a good thing becomes a burden, it should be discarded? And how much more rapidly should we abandon a bad thing.

"To grasp after and to become attached to things that have names,
but lack substance, is foolish."

ALL IS GOD - I AM IN GOD - I AM GOD - I AM THE MONARCH, AS GOD IS . . . that is wisdom. Then, I practise BEING GOD.

Wisdom directs us to strive after the substance of God, and that only. WE KNOW that things created by an incalculable series of causes cannot last for ever. WE KNOW that, since everything is created by a series of causes and conditions, the appearance of things is constantly changing --- why hold on to that which cannot but change, that which is less than eternal (we are eternal).

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What do you think the average person would say if he were to read what I have written on this page. He would think me crazy, would he not? The TRUTH that I have expressed in words would appear to him to be the words of an idiot. So do most people look erroneously at life from all angles -- THEY do not KNOW, as we know. That which is subject to the conditions of time may conceive of temporal things ; only that which is eternal in man - the Divine Mind in him which we are unfolding - can realize the existence of the eternal.

WE KNOW that, within us, inseparable from us, is the full quality and nature of God. We are developing it, and the first step on THE WAY is to remove all deceptions of the mind that come as a result of our attachment to "things" rather than principles. You know that I cannot describe to you the whole of divinity as if it were a circle, because God is immeasurable ; but I CAN teach you to gradually create your circle, and through your feeling (your soul-quality) gradually come to realize spiritually what God is, though it will naturally entail the "losing" to "find" . . the utter submergence of the "personality" to the "divinity" of your true nature.

(c) The Solitary Way - And Our Companions.

The secret of health and happiness is not to mourn for the past, nor to worry about the future, nor to anticipate the future, but to live the present moment wisely and earnestly. Looking backward, you feel that at one time you were woefully ignorant, don't you? You feel that, with growing knowing of the reality of life and things, you have had to change your opinions many times since you have been in Mentalphysics. Looking into your heart right now, you feel that, though you have grown in knowledge and are a little nearer to mastery of your life than you used to be, you are more than ever conscious of the little that you know and the infinity of knowledge that lies before you. What, then, are you to do . . how are you to live to get the most out of life . . how are you to gain this infinite knowledge that you hope to become master of?

That is the eternal question. We KNOW that we must escape the darkness of ignorance and suffering that comes with it, must seek for enlightenment, and we now seek the best companions on the way. What are the best companions?

Let us think together. You are on your way. You need a guide, as does everyone. Who or what is the best guide? You must trust none but yourself. Whether you are to go down into the bottomless abyss, you must go alone. . who, then, can be my guide? WISDOM must be your only guide, for there must be no error whatsoever. But I desire companionship . . I am a social being, you may say . . I do not wish to go alone at any time. Who can accompany me? FAITH must be, and can be, your only companion.

> Should Faith be low in thee, burned low as 'twere,
> Then all thou hast to , with strong desire and true,
> Is to demand faith, and faith shall be created ; Faith,
> Fine caparisoned, and ready to do battle
> And annihilate both Doubt and Disappointment,
> That demoralizing twain born in Negation . . . .
> Faith, with Courage in his bosom, will meet thee in a flash
> To assume a majesty of mien as to
> Be beyond thy present measure of perception.

Then HUMILITY. In the presence of the Lord of the Eternal, humility is essential. It is only in the debris of our own pride that we can find the seeds of Humility.

Then LOVE. "Naught can be spoken of love - love needs no talk," said Shakespeare.

> "A new commandment I give unto you, that ye LOVE one another, even as I have loved you. By this shall all men know that ye are my disciples, if ye have LOVE one to another."

THIS SPACE IS FOR YOUR OWN NOTES

Then PATIENCE. "Dispose thyself to Patience, rather than to comfort," said wise Thomas a Kempis, "and to the bearing of the 'cross' rather than to foolishness." But how hard it is to be patient! We want to "get there" immediately. We ARE "there", but through faulty habits of action, we have robbed ourselves of the Presence - we must exert PATIENCE always, murmuring not at The Law and its works. It is not necessary for all men to be great in action - the greatest and sublimest power is often simple action.

Think long on Patience ; It is the soul of peace. Patience makes men look like the gods they are. In our Patience we find and use our strength.

(d) Attitude of the Worshipful Life.

We are serving our Apprenticeship, and as apprentices we have been given all the tools. As willing apprentices we must patiently learn the way to use them.

I would suggest that you make a list of the tools that you have already recognized in this great workshop of life. Those that you have already come to use proficiently. Those that you have merely picked up and looked at, feeling that you understand what their use is, but which you have not yet begun personally to use. Those that you admire, but whose use you as yet are hardly familiar with . . . and so on. ALL the tools are at our disposal, and the measure of the zeal of the Apprentice will be the measure of the skill of the master craftsmen in due process of training.

Then MEDITATION. I have often thought how terrible it must be for some people, in "eternity", to meet their own prayers. There is no such thing in the age-long history of the Universe when prayer goes unanswered - it MUST be answered. Therefore, realize that in meditation we have the sublimest tool of all . . ASK, and ye SHALL RECEIVE. We are the creators of our own Universe - we are our own priests, and kings, and saviors, and judges. Hallow the thought! It is all in our OWN hands, and depends entirely on how we use the tools of the Royal Art.

This week shall be a week of Peace Profound for you. Read this once, then close your eyes and feel that you are truly "here" with me, and I "there" with you :

(1) I imagine a great cordon of Golden Light around me . . . deep, brilliant, impenetrable. Nothing can pierce or penetrate it. I am held by it protectingly, and I know that no harm can come nigh unto me.

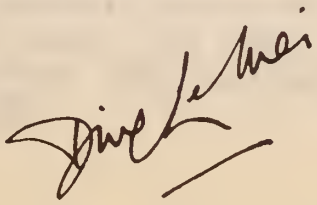
(2) I imagine that above me, the whole host of the Higher Ones in the great universal hierarchy of Wisdom hold above me that gossamer substance of Peace, and I rest under the immortal panoply of Eternal Peace.

(3) I imagine that within me is Wisdom, ever communing and showing me THE WAY . . all knowledge is mine in potentiality . . . Show me Thy Way, Oh Lord.

(4) I imagine that beneath me, around me, above me is Love, and upon the eternal foundation of Life Itself I rest in, I stand upon, I move in and have my being in LOVE - the substance of the Universe.

My peace I give to you.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Fifth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
86

THE WAY OF ATTAINMENT (2)

Practice of the Royal Art.

Note on Breathing. Do not neglect your Breathing. Whenever there comes into your mind an idea relating to Breathing, just immediately become still and FEEL whether you have to breathe - either physically or mentally. If you are refined enough, you will be able to see what I mean by this ; if you do not see what I mean, then rest assured that there is still need for you to continue faithfully with your Breathings.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In the consideration of The Way of Attainment, we must bring back to ourselves what we have been learning in Mentalphysics. I will condense for the purpose of allowing us to think clearly. We in Mentalphysics know that delusion and suffering, the non-realization of our own true nature in all that makes up our life, come from our own foolish desires and passions, and we know that if we learn how to emancipate ourselves from these foolish desires and passions we make progress along The Way.

Five important laws emerge, as follows :

FIRST - Right understanding, right ideas of things, ideas that are based on careful observation and true understanding of causes and effects and their significance. The cause of suffering is seated in the mind's desires and attachments ; there can be no peaceful circumstances of life if the mind is not rid of wrong observations.

SECOND - Mind-control. We rid ourselves of wrong observations by careful and patient mind-control. With efficient mind-control we avoid desires which arise from the sensations of the eyes, ears, nose, tongue and touch - the senses. Weak and negative mind processes are thus prevented from arising. While thinking of positive things, we cannot be thinking of negative things.

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THIRD - Right ideas as to the proper use of things and the right effect of right contact by us with the Universal Mind. (Most people think of things, which are ever changing, in relation to comfort and pleasure ; we should think of them only in regard to our true needs. For example, clothing is necessary to protect the body against extremes of heat and cold ; food is necessary for the nourishment of the body ; and so on.)

FOURTH - Right pursuance of knowledge. We should learn how to endure, and never turn back. (When we learn how to endure, we then are impervious to outer conditions such as affect our "comfort". The practice of endurance quenches the fire of worldly passions - for all things that pass away ; but these worldly passions, though not apparent, burn up our bodies and destroy our power to think right.

FIFTH - Right understanding of THE LAW OF LIFE. We then avoid all danger. We keep out of danger, and thus avoid the pitfalls and accidents that most people experience. A wise man will keep away from mad dogs and wild horses. A wise man will not make friends of evil men. By the practice of caution and prudence and silence, worldly passions that burn into our vitals will die down, and we come to know the repose of The Law.

(a) Five Groups of Desires.

Thus the five groups of desires that we should avoid ....

1. Desires arising from the forms the eyes see .....
2. Desires arising from the sounds the ears hear ....
3. Desires arising from the fragrance the nose smells
4. Desires arising from tastes pleasant to the tongue
5. Desires arising from things that are agreeable to the sense of touch.

When we think of it, we see that most people are influenced by their body's love of comfort. But, as most people are influenced thus, they do not notice the evils that follow, and they are usually caught in a trap like a deer is caught in the forest in a hunter's trap. The forest is not easy to get out of, and the forest of our mind is made up of our insufferable desires. And the more we desire, not recognizing that ALL is ours if we "lose" ourselves into the eternal ocean of Life Itself, the greater our cravings.

In a word, INSTEAD OF PURSUING THINGS FOR THEMSELVES, WE SHOULD PURSUE KNOWLEDGE AS TO THE RIGHT USE OF THINGS. This is a simple sentence, but if you will think about it, you will find that it covers an extremely wide field of human life. There is no ONE way to get free from the traps of worldly passions - unless we say that the one way is constant watchfulness.

I quote a little story which will illustrate what I am saying to you :

Suppose that you caught a snake, a crocodile, a bird, a dog, a fox and a monkey, six creatures of very different nature. You tie them together with a strong rope and let them go. Each of these six creatures will try to go back to its own lair by its own method. The snake will seek a covering of grass ; the crocodile will seek water ; the bird will want to fly in the air ; the dog will seek a village ; the fox will seek the solitary ledges ; and the monkey will seek the trees. In the attempt of each to go his own way there will be a struggle, but, being tied together, the strongest will drag the rest wherever he wants to go.

Like the animals in this example, man is tempted in different ways by the desires of his eyes, ears, nose, tongue, touch, and also by his mind, and is controlled by

THIS SPACE IS FOR YOUR OWN NOTES

the dominant desire. Each group of desires tries to have its own way, but being tied together in one organism they must ultimately move together. But if the six creatures are all tied to a strong post, after trying to get free and becoming exhausted in the process, they will all lie down peaceably together.

(b) Mind is the Master.

MIND IS THE STRONGEST AND IS ALWAYS THE MASTER. If people will train and control the mind ----- not merely reading about it, and seeing how it should be done, but SEE THAT THEY DO IT ----- there will be no further troubles from the worldly passions that arise out of the senses that are constantly deceiving us. IF THE MIND IS UNDER CONTROL, WE HAVE HAPPINESS NOW AND IN THE FUTURE.

At the same time, we in Mentalphysics know that it is not safe to allow the mind to run wild. Just as the senses deceive us, so will our mind deceive us if we run after vain things.

Most people like fame and praise. Some people are never happy unless someone is telling them what wonderful people they are. But fame and praise are like the incense that consumes itself, and there is nothing left. Look around you : how many there are who are chasing after honors and public acclaim, forgetting that their DEEDS are the fruit of the tree of life in them, only later to find that to seek for fame and wealth and power is like the child who licks honey from the blade of a knife. It is like carrying a torch against a high wind -- the flame will burn his own hands and face. NO MIND THAT IS FILLED WITH GREED AND WORLDLY PASSION CAN BE TRUSTED - its whole working makes confusion worse confounded.

Good and bad fortune are not determined in advance - man brings them on himself by his thought and consequent conduct; his conduct is the reflection, naturally, of HIS THINKING. The recompense of "good" and "evil" follows as the shadow follows the figure. THEREFORE, IS IT NOT OBVIOUSLY WISE FOR US TO ADVANCE ALONG THE RIGHT WAY, AND RETREAT FROM THE EVIL WAY?

(c) Then Comes Again, the Eternal Question --- HOW?

In this Commentary I am telling you what you should already know, but I am trying to tell you in a different way. Whenever you express in action the thoughts of your mind, there is always a reaction that follows. If one is abused, there is a temptation to answer in kind, and be revenged. If we answer in kind, who is injured? You will, of course, see that the second man is injured, and reaps the ill not alone of the other's abuse but of his own terrific anger as well. This is like sweeping dust against the wind, - we do not get rid of the dust but become ourselves defiled. Also : the same is true of pleasant acts. If one makes a gift, there is a natural desire to expect something in return, or if one receives a present or a kindness there is an impulse to return something similar. (Think of the "giving" at Christmas.) There is probably more danger in the reaction to pleasant things than to evil things, because one is tempted to please the other regardless of the wisdom of the act. UNTIL WE UNDERSTAND, have Right Understanding, most pleasant things are dangerous.

Those seeking the Way of Attainment, and all Nobles of The Light are among them, must blot out desire . . . we must "believe that ye have it". ALL is ours. The more we rightly use that which we have the more will be added unto us. If you were God, and desired to maintain the perfect balance of the Universe that you had established, would you not be very careful to whom you extended any knowledge? Would you not reason that a person would be entirely unfitted to have secrets of life revealed to him if he did not properly USE them, and would you not know that

THIS SPACE IS FOR YOUR OWN NOTES

until a man has learned to use what he has he is not ready to have further secrets revealed unto him. Of course, you would! And this is the way that Life Itself acts towards us. If we do not rightly USE what we have, our wrong use of the substance causes it to melt away from us, purifying itself again for the one who will use it rightly. We cannot truly injure Life or destroy Life, for if we do not use life's substances aright, Life takes them again and purifies them, just as water by its own motion purifies itself.

Greed, which we make for ourselves through non-control of the mind, becomes a slough of despond to us, and we become bogged in the mud of our own desires. Whereas, when we fully realize what and where we are, we see that we ARE GOD - and can God have any need of desires?

Pride, pride, pride ! How foolish this is - and yet how the whole human race seems to be full of pride. And what an enemy it is. Let us see what this enemy really looks like.

Pride : "Vanity, conceit, display, show, ostentation, pomp, vanity, self-complacency, self-admiration, boastfulness, haughtiness, vainglory" - and many other things. How obnoxious it all is . . and how very foolish. Visualize for yourself your proud man, then think of the humble and great. Humble, lowly, meek, modest, sober-minded, sincere!

We who seek enlightenment must remove all ego, all pride, and be humbly willing to become disciples of the Higher Ones, who are ever ready to instruct us in The Way. Yes, humility is a great virtue indeed. Humility is an anchor to our thoughts. And human beings MOVE in the direction of their thoughts. If we think thoughts of greed, we become greedy. If angry thoughts, we become angry. Whatever our thoughts our feet move in that direction.

The humble person is always patient and persevering. Thoughts of humility literally compel us to humble, persevering faith, and this kind of faith produces in us right DEEDS. When the DEED is right, the reaction is all the stronger in the right pathway to enlightenment.

I would advise you to read and re-read this Commentary this week, and FEEL that you are truly on the Way to Attainment. Every moment of the day FEEL that all is well with thee, and that the WHOLE TRUTH is being gradually revealed to thee. Feel yourself very near to us all at The Institute - do what you can for The Institute and for Mentalphysics - if you were aware of the great need there is for the spreading of The Light, I am sure that you would respond with whatever substance is at your command. Give unto The Law that it may bring to thee that which it is written in your forehead must come to thee.

Peace be unto you today and all the days.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Sixth Commentary,
Inner Chamber.

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COMMENTARY
87

THE WAY OF ATTAINMENT (3)
Practice of the Royal Art. (Sound).

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

I would that I could have you with me in my study so that I could talk with you, and that we could each meditate upon, the things that I trust the Spirit of Wisdom will enable me to write to you in this Commentary. We have arrived at a point in our progress where we MUST now work for the regeneration of the Human Race. Would that I had a pen that would be able to portray, in words of purest gold, what it is in my own spirit to FEEL! Would that, thus writing, I could so inspire you, My Beloved, that we would from this instant become TRUE CRUSADERS for the uplifting of the human race from its terrible state of ignorance. There are many agencies at work today - and there will come many more agencies in the near future - having as their aim the betterment of humanity. Some feel that if we improve the economic state of society, we shall render permanent benefit to mankind, and undoubtedly we shall ; but it does not follow that because a man HAS more that he will BE more. Life is something deeper than mere having.

So far as we are concerned in Mentalphysics, we feel that we are authorized by the Higher Ones to spread knowledge of the Truth of Life. We believe that the greatest blessing that we can bestow on any man is to teach him the secrets of his own nature and of Life. In other words, we believe that when the Knowledge of Life is unfolded in us, then ALL other things - economic, sociological, spiritual, and so on - are added unto us. Until we come into KNOWLEDGE, which is our POWER, mankind is subject to the cruel farce that anyone should ever lack ANY good thing in a world which contains such a variety of inexhaustible interests. But with knowledge of Life Itself, man comes gradually through right practice to know that he is GOD IN HUMAN FORM.

(a) Privilege of Imparting Truth.

And in the recognition of this truth by you, the only way that you can grow into its REALIZATION is by imparting this knowledge to others.

I wish you to see that the highest TRUE value that we can offer to men, the enduring eternal gift, is the knowledge that MAN IS GOD IN HUMAN FORM. With this implanted in his consciousness, any man will change - must change - his life ; he will EXPRESS what is in his consciousness to the extent that he has developed and USED the knowledge, and will express GOD in his Life. To feed the hungry is good - and necessary.

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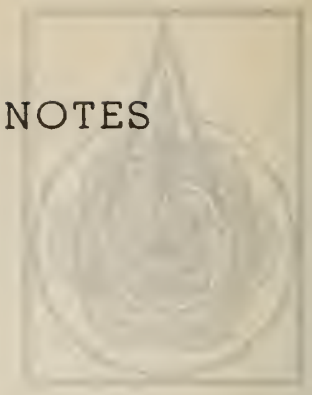

To clothe the naked and to care for the needy is good - and necessary. BUT TO TEACH MAN WHO AND WHAT HE IS, and to SHOW HIM THE METHOD OF TRUE LIVING, LEADING HIM INTO TRUE MASTERSHIP, IS THE VERY HIGHEST GIFT THAT WE INDIVIDUALLY CAN MAKE TO LIFE ITSELF AND TO OUR FELLOW MAN. In short, that is our Way of Attainment. There can be no real attainment if we leave out the other fellow - and we must apply this thought, in the method embodied in our Own Spiritual Breath, to EVERY LIVING THING.

I emphasize and re-emphasize this. I wish you to see the truth of what I write. Without this conviction in your mind, your efforts towards mastership will be largely abhortive.

Should you entertain any doubt about this - whether it be better to give a man a dollar or an idea - think of your own life. If instead of TEACHING you in Mentalphysics, we had agreed to send you two dollars a month from the time you enrolled as a student, what better off would you be today? If when I went to Tibet my old master had agreed to give me food and clothing and lodging, and had not TAUGHT me anything, what better off would I be today? That would have all passed away, but TRUE KNOWLEDGE IS ENDURING AND DOES NOT PASS AWAY . . and the priceless gifts that came to me from my old master was what he taught me and gave me the privilege of learning under his direction.

Therefore, I CATEGORICALLY DECLARE THAT THE BEST GIFT THAT WE CAN OFFER TO MANKIND IS KNOWLEDGE, FOR IT WANETH NOT, AND THE MORE WE USE OUR KNOWLEDGE THE MORE IT MULTIPLIES.

(b) Our Own Pathway to Attainment.

Having this clear in our minds, we can see how we may go forward in the Way of Attainment. . . how we may lead other toiling pilgrims on The Path. A little human story will illustrate what I mean : The other day one of my Los Angeles students 'phoned me and told me that she had been in bed four days with the 'flu. She had quarrelled with her sister, and was naturally so disturbed as a consequence that the next day she went to bed with "influenza". So, in speaking with me over the telephone, she said : "Ding Le Mei, I know HOW I got the 'flu - it was the result of that quarrel. But I am 'better' now, and am going to work tomorrow." "Oh, no, you're not," I replied. "But I am," she retorted, "I must!" Again I told her that she was not going to work. I repeated it two or three times, and then quietly, I added : "GOD is going to work." There was a silence for a moment. Then, with her heart in her mouth, so to speak, she simply said, "Thank you, Ding Le Mei," and dropped the telephone. A day or two later I met her and she told me that that had been the greatest practical lesson she had ever had . . she KNEW, in a moment of great intuition coming through the words of my throat, that she IS GOD. That was the power of Sound.

That is how we learn, and there is no value to be compared with the true value of Knowledge - which is our POWER. I do not think that that student will ever again be subject to the negation of what is called "influenza".

If this little story brings its own message to you, you will see that it unlocks wisdom for us, if we think rightly. All mankind desires happiness, nor does the average human being begrudge the fulfillment of this desire in the life of any other person. Then, those of us who know more should help everyone to find security, peace and happiness, which can only be done by the eradication of darkness and ignorance and the implanting into human consciousness the realization of knowledge and light. Since none of us would want anyone or anything to stand in our pathway and obstruct or prevent our happiness, and since no right-thinking man or woman has

THIS SPACE IS FOR YOUR OWN NOTES

the slightest desire to interfere with the happiness of others, - and since these correlated statements are indisputably true, when applied to the lives and thoughts of any group of people in any country on the face of the earth, why is it also true that so few people have ever felt securely happy?

THINK as you read.

WHY is it that mankind generally enjoys no security, peace and happiness? WHY envy, jealousy, hate, bloodshed, war? WHY do these conditions exist today, when Man has come almost into the conquest of the material universe, literally as unabated as they have throughout untold centuries of human life? WHY is there such lack and ceaseless fear in the hearts of men everywhere? . . . IN A WORD, IT IS BECAUSE MAN DOES NOT KNOW THAT HE IS A SPIRITUAL BEING, and is almost entirely unaware of his TRUE NATURE. WE know : now the ONLY way that we can go on is to spread the knowledge into other minds, so that at long last Man shall indubitably come into his own. A large task, you will say. Yea, yea! But that is the task that increasing knowledge imposes on us, so that we gradually cause our growing mastership to assume the guidance of mankind, reality governing our every thought and Truth the master of our life. The more we spread the Light of Wisdom, in the essential fact of Life that Man is God in Human Form, the more do we stem the tide of poverty, fear and war.

(c) You Are a Solar Angel.

You see, My Beloved, as a crusader, you are entitled to spread the Light. This is a deep privilege, given to you by Life, and should you and I come to know the Truth of our life and refuse to spread the truth, we foolishly court the hellish unhappiness that will by the justice of the Law of Life come to us ; but, on the other hand, the more we spread the Light to others, the more filled is our cup so that it runneth over with bliss. THEREFORE, SHOUT, SING, REJOICE . . . you and I are consecrated disciples of Life Itself . . we have entered into the hierarchy of our own planet. Indeed, we are the Solar Angels of Light.

As Solar Angels we spread the Light (a) by what we SAY, and (b) by what we DO. Saying and doing are very closely related, as you know. "In the beginning was THE WORD, . . ." "The chief agency by which Nature's wheel is moved in a phenomenal direction is sound." . . . "The Great Singer built the worlds, and the Universe is His Song."

There are many other quotations that could be given to show that throughout man's upward progress, the potency of a word has been increasingly recognized. A sound or word sets in vibration the matter of which all forms are made. Your sound is your power. The chanting of the "OM" is the greatest power that you have, though it is practice which alone teaches you that this is so. And, similarly, as the word that goes in (inwards into you, when you are chanting) is your inward power, so the word that goes out from you is your outward power over all living things. Your sound (your speech) is the highest agent that you use in moulding yourself and your surroundings. This has always been recognized by the ancient philosophers.

WE SPREAD THE LIGHT THROUGH OUR SOUND. FIRST THE SOUND, THEN THE FIRST EFFECT OF SOUND, THE POURING FORTH OF LIGHT, CAUSING THE REVELATION OF THE THOUGHT FORM.

A simple illustration : Suppose that you meet a friend, and you wish to bring Mentalphysics and the Truth of Life to his attention. You see at once that unless your speech is right, your friend will not understand your meaning, and if the speech be wrong, there may be even a disturbing controversy. If the speech be wrong, then you would be saying in sound what you know to be the right thing, but in the wrong

THIS SPACE IS FOR YOUR OWN NOTES

way, and the effect with your friend would be the wrong result. The thought form created by your sound is intended to be a source of revelation, and if the sound be right the LIGHT that goes to your friend will be right --- and you will probably bring another into the Light of Mentalphysics.

(d) Sound Conveys Your Thought Form.

But not only is SOUND of importance in the conveying of thought forms from mind to mind, but we find in early practice that it is the Great Purifier. I cannot emphasize this too strongly for your contemplation. To the person who does not know how to USE his Sound, talking (even when he thinks that he has something of import to impart to his hearer or hearers) becomes a burden and depletes his energy, making him "tired". But to one who knows how to use his sound rightly, right speaking is always a source of increased power. Few people have ever given any thought to their sound, however.

I make bold to say that, no matter how ill a person may be, he would cure himself by the right use of Sound by chanting "OM", for example. You may try this. In bed at night, just before going off to sleep, lying flat on your back, begin to chant quietly and evenly, and in exact rhythm with your breathing, and you will experience a very wonderful feeling of peace and tranquillity. If you will place your right hand over your throat as you chant or speak you will become conscious at once of a terrific vibration through the issuance of the sound of you. Watching this for a little time, you will be able to understand the effect of your sound, for you will be able to feel the effect. Then you will see perfectly clearly how great is the effect even on your physical body of the power of the sound that you use in speech.

Your thought-forms live, are brought into life, through your sound. Therefore, though you have been given this advice many times, I again advise you to guard your tongue. This week shall be a week of great joy for you, for you will hold yourself very positively in your own silence - that is, you will not say more than you have to say, and when you speak you will know that you are saying exactly what it is right for you to say. Every word that issues from your throat this week shall be spoken by the Creator, and will be rightfully creative in its effect. All that you say will enrich you, and will also enrich not only those to whom you speak, but will carry with it cosmic enrichment to the Truth of Life.

And you shall be happy - and at peace - and full of life - and Wisdom shall walk with you and Peace shall wait upon you, and Courage, and Understanding, and Abounding Joy, and Love shall envelop you.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Seventh Commentary,
Inner Chamber.

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COMMENTARY
88

THE WAY OF ATTAINMENT (4)
Practice of the Royal Art. (The Seven Words).

IMPORTANT NOTE - This Commentary, together with Commentary No. 87, is of the most vital importance . . . . . Do not neglect to study them faithfully together.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary, I wrote : "BUT NOT ONLY IS SOUND OF IMPORTANCE IN THE CONVEYING OF THOUGHT FORMS FROM MIND TO MIND, BUT WE FIND IN OUR EARLY PRACTICE THAT IT IS THE GREAT PURIFIER. I CANNOT EMPHASIZE THIS TOO STRONGLY FOR YOUR CONTEMPLATION. TO THE PERSON WHO DOES NOT KNOW HOW TO USE SOUND, TALKING (EVEN WHEN HE THINKS HE HAS SOMETHING OF IMPORT TO IMPART TO HIS HEARER OR HEARERS) BECOMES A BURDEN AND DEPLETES HIS ENERGY, MAKING HIM 'TIRED'. BUT TO ONE WHO KNOWS HOW TO USE HIS SOUND, RIGHT SPEAKING IS ALWAYS A SOURCE OF INCREASED POWER."

BUT YOU MUST ATTAIN TO KNOWLEDGE ERE YOU CAN ATTAIN TO SPEECH.

In speaking of SOUND, we must, as Nobles of The Light, know that sound means very much more than conversation, speech, the mere use of words. Once again read the first five verses of the first chapter of St. John. Having read these verses, I would take a sheet of paper and write down your highest ideas relating to your own sound. As I write, I think of these - "Thy voice is celestial melody" . . . "Thy voice is the organ of the soul" . . . "Thy voice is the feast of reason and the flow of soul."

While we are on our way to understand that harmony is the most indispensable (though the least known) factor of health and mental serenity, we have to constantly listen to and look out on the effects of discord, disharmony, disease, for this effect is all around us until we learn. Harmony - of sound, of movement, of light, of anything - is the law of Order, the normal, natural condition of every atom that composes the Universe. In harmony we live in tune with the Universe ; in discord and disharmony we live in disorder.

(a) The Seven Magic Words.

So that we may lead ourselves on to an intelligent consideration of sound, we will revive what we have learned about the seven magic words and the five Tattvas, as

THIS SPACE IS FOR YOUR OWN NOTES

JOY	BREATH	
GRATITUDE	SOUND	SILENCE (the matrix of
REVERENCE	LIGHT	every thought worth thinking)

In your previous Commentaries you have had these words repeatedly brought to your attention, and you know the names of the five tattvas as follows: Akasha (controls hearing), Vayu (controls touch), Tejas (controls sight), Apas (controls taste), and Brithivi (controls smell), these five being respectively the elements of ether, air, fire, water and earth.

Let us run through the seven magic words :

JOY. We all know the importance of Joy, for Joy is harmony, and how necessary is a joyful attitude of mind for spiritual progress. Happiness is an UPBUILDING FORCE equalled only by the sun's rays. It is sunshine in the heart! Joy in the heart stands in exact relation to you (the microcosm) as the sun in the solar system stands to the earth and the complete macrocosm. Its influence is identical. No medicine in the whole pharmacopeia possesses the curative virtues of happiness vibrations; while anxiety, fear, worry, depression and excitement of a debilitating nature cause varying forms of stagnation and disintegration, which disturb the finer forces of life (tattvas). Wrong thought (unhappiness) brings death ; right thought (happiness) brings Life more abundantly, the perfect balance of the positive and negative currents of Prana. . . . . The first sign of Attainment is the joyful heart, for JOY is the substance that propels the fluids of Life Itself . . . In your meditations this week, upon Joy, feel that in the very act of your being made, there was JOY, and that without it you could not have been created. . . Also remember that the "joy of The Lord (the LAW)" is your strength. Nothing else is. No vehement resolutions, no sense of your own inferiority, nor contrite remembrance of your own failures, ever made you strong. In JOY you find strength. UNLESS YOU ARE HAPPY, YOU CANNOT KNOW GRATITUDE ; YOU CANNOT FEEL REVERENCE ; YOU CANNOT BREATHE CORRECTLY ; NOR SEE LIGHT ; NOR KNOW THE SILENCE.

GRATITUDE. Thankfulness, it has been said, is the tune of the angels. Certainly gratitude is the memory of the heart. Sang the psalmist : "Oh, that men would praise the Lord for his goodness, and for his wonderful works to the children of men!" When you think of it, you see that man is a rather ungrateful animal - or, rather, we forget to Give Thanks. The good that we receive from Life (the "goods delivered" by our own thinking) is not always recognized, for the reason that the good that comes to us causes us no pain. If we think of the multitudinous things that come to us every moment from Life Itself, we are staggered ; but we rarely recognize them because they flow to us by nature, without any conscious feeling by us. No one complains about receiving more blessings than he merits, but the deserved "evil" (less good, also the "delivered goods" by our own thinking) which we receive causes suffering, and this is generally keenly resented. When things "go wrong", which is the only way that Life has of showing us that we are off the Path, we should give thanks -- and this is the test of gratitude. (How CAN life teach us anything except through pulling us up by means of that which we call "suffering" and "pain"?

UNLESS YOU ARE GRATEFUL, YOU CANNOT KNOW REVERENCE ; NOR BREATHE CORRECTLY ; NOR SEE LIGHT ; NOR KNOW THE SILENCE.

REVERENCE. Reverence is the third point in our First Triangle in Mentalphysics. The deeper we study Life (the Tattvic Law) of the Universe, the deeper is our proved conviction that everything in the natural world moves rhythmically. We "stand in reverence". It is only when the human mind steps in with its responsibility of free will to choose the right or wrong thought and act that life's rhythm is broken and all its vibrations thrown into discord. When there is reverence in the heart, we become the Silent Watcher, and AS we WATCH, we grow in

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LIGHT ; NOR KNOW THE SILENCE.

BREATH. Every Noble of The Light has discovered for himself and herself that BREATH IS LIFE. Breath is the great flywheel. Though what I am writing to you in this Commentary may strike you as being elementary, I am sure that it is wise for me to counsel you to FEEL that you know that your Breath is the mainspring - and I wish you to think of this in such a manner that it becomes sweetness to your soul. No matter what we may learn about the body, or mind, or spirit . . no matter how steeped our memory may be with facts about this threefold nature of man, . . no matter how deeply we may have entered into an understanding of all that we have learned, the FACT OF LIFE remains that YOUR BREATH is the flywheel - start your Breath and your life is as your breath is. AS your Breath, so is your life, so do you live.

BREATH IS THE LIBERATOR, just as you may say that Love is the Liberator. Breath - the rhythmic breath of Life Itself - is HARMONY. I would meditate upon that wonderful word, and its meaning . . H A R M O N Y! Life is harmony. Now, we are sufficiently advanced to see that when we speak of "Breath" we do not speak of the physical breath alone, but of the Holy Breath, which is the Source. To live in tune with the Universe, we must live in harmony with its laws . . which is merely saying that we must know how to breathe correctly and train ourselves to do it. Studied, understood and APPLIED, no other science will lead us so quickly into spiritual consciousness as the science of our breath.

SOUND. One could write so much about Sound, and not TEACH anything about it. To know the effect of sound in the microcosm as also in the macrocosm, one must practice. You, of course, know that the sound of you is the basic vibration of your life. As soon as a child is born it breathes, and it also issues a sound - and a lusty baby can let out a fairly good yell. The effect of that first sound from the infant's throat cannot be measured by the human mind, either from a physical, mental or spiritual point of view. It is simply beyond our comprehension to measure its effect. We have learned that we BECOME WHAT WE SAY, and so we have been consistently advised to "Have No Tongue!"

THE TIME HAS COME, HOWEVER, FOR US TO LEARN HOW SOUND AFFECTS US, AND WE SHOULD NOW BE ABLE TO EXPERIMENT WITH THE VERY FIRE WHICH SOUND CREATES. TO TELL THE AVERAGE PERSON THAT IT IS "DANGEROUS" TO ISSUE SOUND WOULD PROBABLY CAUSE HIM TO DOUBT OUR SANITY, YET IT IS TRUE THAT WE PLAY WITH THE FIRE OF LIFE WHEN WE USE OUR SOUND.

I am writing principally for those students who have not had the advantage of personal teaching under my direction here at The Institute. Now, if you will sit in the sevenfold position, and chant the one word "P-e-a-c-e ... P-e-a-c-e ... P-e-a-c-e" slowly and regularly, feeling that you are putting all your love into the sound, it will teach you much. Do it now. Sit and chant the one word in a low even tone, letting your Breath and your Sound be in correspondence, and after you have chanted for a few minutes, come out and notice the effect of the sound on your body first . . your body will feel softer and smoother in its action ; second, your mind . . your mind will be more serene and clear and filled with light ; third, your spirit. . you will feel a great peace that nothing can define, so beautiful will it be.

BUT THIS WILL BE MERELY ELEMENTARY COMPARED WITH WHAT YOU HAVE TO SET OUT TO LEARN ABOUT SOUND, WHICH WILL BE DEALT WITH IN LATER COMMENTARIES.

The next thing for you to do is to FEEL the actual vibration that your Sound creates within you. We begin by feeling its physical effect. Therefore, go again into your chanting, sitting in the sevenfold position, and place your right hand gently over your throat as you chant, and you will feel the vibration under your hand. A moment's practice will show you what I mean. Then, feeling this under your hand, and feeling what a strong effect sound has, imagine what is going on all the time. Whatever sound we make in our speech, and the quality of it, are transferred to every part of our bodies and minds. If you chant a sound, and the thought be of Peace and Love, you will find Peace and Love garnered in your consciousness. Were you to hold the

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thought of revenge or selfishness, the EFFECT would be revengeful and selfish. When we chant, the concentration is fixed, and the effect consequently all the stronger than it would be if we were merely thinking in a loose manner. Sound, you see, with its inseperable associate rhythm, is ever building or disintegrating, and is a powerful force that we must learn to control, to understand, to use with intelligence. All harmonious sounds - the Truth expressed - are upbuilding and life-giving, therefore constructive ; while all sounds which we class as noise are disintegrating in proportion to the dissonance and broken rhythm of their crashing and grinding.

Only this morning, there came to my study a prominent Hollywood actress, a student of Mentalphysics, who is learning from me how to portray the soul through sound, so that it shall be registered on the film. She has been practising with me for some time, and it is amazing how utterly different is the result, even on the screen, of the FEELING (which most people would say cannot be photographed) which the words portray. Her director is astounded at the change that has come about in her acting, and the quality of the photography. Now that she knows HOW to cause her sound to correspond with her feeling, and how to direct this consciously, she is filled with confidence for the future.

UNLESS YOU USE YOUR SOUND CORRECTLY, YOU CANNOT SEE LIGHT ; NOR KNOW THE SILENCE. What the Philosophers of old called "The true medicine" is bound up in man, "shut up as it may be in milk, within the hard and solid nut". It is the Sound that breaks the shell. Just as fire is hidden in fuel and is useless until ignited, so the Sound "separates" the pure life (the metal) from the dark and solid ore until it flows forth as a pure panacea from the Eternal Light.

Sound is the very MAGIC of you and me. When once the Divine Light is loosened in life, everything is prospered as long as its rule is observed. "And the WORD of the Lord is unto them line upon line, precept upon precept (purifying and perfecting) here a little and there a little." Then, established in The Light, by the power of The Word, there follows right action. The whole individual is occupied ; every look and word and action is by rule and with power; for it is written, "The hands of the Wise are very heavy." . ."The right hand of The Lord bringeth mighty things to pass."

"To him that overcometh will I give to eat of the Tree of Life, which is in the midst of the Paradise of God.

"To him that overcometh will I give to eat of the hidden Manna, and will give him a White Stone, and in the Stone a new Name written, which no man knoweth save he that receiveth it.

"And he that overcometh and keepeth my works unto the end, to him will I give power over the nations ; and he shall rule them with a rod of iron ; as the vessels of a potter shall they be broken in shivers even as I received from my Father. And I will give him the Morning Star.

"He that overcometh the same shall be clothed in White Raiment. And I will not blot out his name out of the Book of Life. Behold, I come quickly ; hold fast that which thou hast that no man take thy Crown.

"Him that overcometh will I make a pillar in the Temple of my God, and he shall no more go out ; and I will write upon him the name of my God - and the name of the city of my God, which is New Jerusalem, WHICH COMETH DOWN OUT OF HEAVEN FROM MY GOD ; and I will write upon him MY NEW NAME."

In further Commentaries we shall continue with the magic word, SOUND. Meanwhile, THINK. Watch your sound - experiment without ceasing - during the day watch your tongue, and at night experiment with the different qualities of Sound within thee. Peace be unto you this week, and in the Ever-present.

Nomaste.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

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COMMENTARY
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THE WAY OF ATTAINMENT (5)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

You doubtless have been impressed with the fact that there are very few leaders in the world. You will have noticed that, while all men start out with the idea of succeeding in life, few succeed, many fail - Why? To us it is self-evident that men fail because they lack knowledge - they do not know the laws of success in what they attempt. I remind you that when we KNOW something, we automatically demonstrate it for good or bad, and while at some particular period of our life we attempt a thing and do not succeed, and at another time we attempt the same thing and do succeed, it is because in the latter case we have come into possession of the power (knowledge) that enables us to demonstrate what we know, that we did not previously possess. If a man says that he knows something, and does not demonstrate what he says he knows, he is simply under delusion.

Many years ago I was impressed by an Oriental writer who said that the world is like a lotus pond filled with many different kinds of plants; there are blossoms of many different tints - some white, some pink, some blue, some red, some yellow. Some grow under water, some spread their leaves on the water, some raise their leaves above the water. Human beings are just like that. Among men, though essentially the same, and from and of and in The One Great Man, there are many differences. There are differences of sex, but as for that, there is no essential difference of nature, for women, with proper training, may attain enlightenment precisely as men. The difference lies in the degrees of mentality - some humans are wise, some foolish . . . some good-natured, some bad-tempered . . . some easily led, some difficult to lead . . . some possess pure minds, some have minds that are defiled . . . BUT THESE DIFFERENCES ARE NEGLIGIBLE WHEN IT COMES TO THE ATTAINMENT OF ENLIGHTENMENT AND MASTERSHIP.

We can become masters of evil as well as masters of good. Take crime, for example, which is shaking the Western world at this time - particularly in the United States. I was reading some Government statistics the other day and found that in this country every year there are 12,000 murders, 10,000 assaults, 50,000 robberies by holdup, and 40,000 robberies by burglary. The murder rate in the United States is computed at 7.2 per cent for each 100,000 population. In England the rate is only .88 of 1 per cent. In the United States since 1930,

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3200 bank robberies have caused the "loss" of fifteen million dollars. And the sadest part of all is that more than half of the arrests of criminal offenders were under 30 years of age, and FIFTEEN PER CENT OF THE TOTAL WERE UNDER 20 YEARS OF AGE. The list of the crimes with which boys under 20 are charged include criminal homicide, robbery, burglary, thefts of automobiles and assaults.

I quote all this deplorable information to show that The Law works all ways. It is as easy for the untrained mind to use the life energy for the prosecution of evil (less good) as for the highest and noblest purposes.

(a) Qualities of Mastership

The Master of anything must possess certain qualities -

He must have good health
He must have confidence
He must have sincerity of purpose
He must have wisdom - and the height of wisdom is knowing how to use The Word
He must have diligence

These qualities are necessary to you as a Noble of The Light, and with these qualities mastership, step by step, is inevitable. First, master over little things, then master over greater things.

The German philosopher Kant said that there were two outstanding wonders of God's creation. He said that they were the starry heavens above and the mind of man within, and we well may draw back startled when we understand the mysterious processes which occur within those inverted bowls of bone we call our skulls. Science has made the strides of a giant, but all her steps are in one direction - outwards, ever outwards. Science teaches all that there is to know about what man has made, but teaches little about the Maker (Man).

(b) Liberation Taught by Religion

LIBERATION is the keynote of all religion. It means "salvation from sin", that which binds us to form, that which stops or delays our progress, that which forces us to turn back into that "slough of despond" through which we have been endeavoring to pass, that which hinders the transmutation of our powers into spiritual energy, that which prevents the liberation of the Self. . . or the Oversoul, or the God in us - - call it what you will.

To liberate the self means to be freed from the domain of the mind (the world of action and reaction), and to enter the realm of intuition (the world of action), by becoming impersonal, universal. It means, as one writer puts it, "not depending upon outside stimulations, outside reactions, but acting, creating circumstances, and becoming masters of our destiny. It means abandoning the sense of separateness and realizing a union with the cosmos; losing consciousness of space and time and living in the eternal." And he adds: "Liberation is the resolution from all limitations of birth into pure life - the life of super-dimensional Reality..."

When man uses the life energy without recognition of the knowledge of the Eternal Principles of Good, he fails - turns to evil. When man learns that he is a part of the Eternal, he gradually loses himself in it, ceases to do so much investigations, feels after it within himself, and so EXPRESSES automatically its essential principles.

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These principles which liberate us, as you have long ago learned, are inherent to the spirit - they are resident in all of us, but they have to be awakened. Spiritual intuition, in other words, is infallible. When by practice man gives himself over to the higher or spiritual side of himself, he feels this spiritual intuition, and when awakened nothing can usurp it in consciousness. The collective intuition of humanity, like the collective reason of humanity, is ever at work; and when we, by practice, "make the contact" we reach a criterion, and when a true criterion is reached that which fails to conform to it is to be rejected.

(c) The Grand Realization - Man is God

What the advanced seeker realizes, most often after the hardest self-imposed hardships, is that he has to "rest in the Lord," he has to "lose himself to find." It is not easy for us, in this modern rushful life, to REALIZE this truth, but recognize it we must sooner or later - that MAN IS GOD. Then, why be eternally thinking about what we already inherently understand. We create nothing whatever - all creation IS. Man deludes himself into thinking that by his reason and intelligence he creates. In a very real sense, he DOES create, but not by his reason but "by My Spirit, saith the Lord."

When once this profoundly beautiful truth is known among the whole of mankind, and every man sets out to order his life by it, it will be seen that even all "self-defence" is "war." But those who believe that this regeneration can be attained in a single day, ("I want 'advanced' work," cries the young student - "give me advanced work . . . I 'know' all that!!") are under delusion. Regeneration, like every other natural process, must be gradual. A tree does not arrive at maturity in a single day; it grows first from its seed, then from its root, and gradually produces stem, branches, leaves, flowers and fruits. Nor in a single day can a crop of barley be ripened, a house be built, a man attain to his full bodily and mental stature. No, God never forsakes his principle - and all is a principle of growth. Regeneration of man is effected in a manner analagous to that in which a man is conceived, carried in the womb, born and educated. The truth is, however, that in every man that cometh into the world is The Light. As Swedenborg puts it somewhere in his writings: "The POWER to raise the understanding to the intelligence of the angels, is inherent by creation in every man, and even in every devil in hell." (This latter sentence I cannot endorse nonetheless, for the only hell that there is is that which we ourselves create. ("Hell" is because self-ignorance sits on the thrones of the world of knowledge.)

(d) Our Mentalphysics Duty of Gratitude

And how grateful we should be that we have come into this conception of Life and God and Ourselves. Though we have to "face the world," let us go out and work and never forget that the way to live is to DO that which lies nearest to our hand to do. We Nobles of The Light have truly entered the Mystic Life. The Mystic Life is the life of causes, of realization, of the soul. WE know that it is called mysterious because it is a manifestation of a mystery - for ALL LIFE IS A MYSTERY.

I have been speaking in our Church in Los Angeles recently on various topics, and have found that people are most interested in learning the mystery of how the Universe develops itself - take, for example, the Seven Kingdoms. I was

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speaking for seven Sunday mornings on this wonderful theme, and the interest was quite remarkable. Many wrote to me telling me that the manner in which the subject was brought forward really TAUGHT them something. Many people do not even know that matter is only the substance with which unseen forces and intelligences clothe themselves. That is where you and I were - we did not know; now we know that, as mystics, we are not satisfied with the mere outer forms of manifestation. We are going back of the outer phenomena of life and study their causes; for only so can we really understand their manifestation.

People generally feel that a mystic is a mere dreamer, but this is not so. A true mystic does not spend his time in idle speculation - he seeks the REALITY, the "THOU THAT ART." He penetrates the mists of radiant glory that for ever surround the throne of the Creator, and tries to apply the realization of the basic truths to his daily life. For the mystic the highest ideal of each phase of life is the only goal worth striving for.

We as mystics have studied the Laws of Causation, and have learned that the Laws of Sacrifice underlie the Laws of Manifestation. For just as the physical sun sacrifices its light and radiant energy that all the seeds and germs of life may grow and have their tiny individual expressions of life, so does the Creator and Manifestor of All sacrifice His Oneness that the multitude may manifest. How glorious to know that you and I were made for the purpose of being God, that we are the only avenues or means through which God may find expression in humanity. MAN IS GOD IN HUMAN FORM. But we, too, cannot be God until we express the sacrificial side of life - sacrificing ourselves in service to the lower so that, by The Law, we shall attain, and attain ever upward to the higher.

So, My Beloved, having this conception deeply rooted in our consciousness, I hope that we all - no matter where we may be - are EXPRESSING GOD . . . you where you are, I where I am; so that the Kingdom of God is coming into the consciousness of all whom we meet because of the fact that THE LIGHT SHINES OF ITSELF.

But I feel that discourses on religion tend to degenerate into an empty tale, full of sound and fury, signifying nothing. WE know that it is PRACTICE and practice ALONE that can teach us. There is more misunderstanding in the domain of religion and philosophy than in art, science or history, and this is due to the fact that men ignore the fact that in the use of many words there is much confusion. Therefore, with all my heart I exhort myself and I exhort you to DO THE WORK, for only by our works are we known.

"THE DIAMOND IS THE HARDEST OF KNOWN SUBSTANCES . . , SAND AND GRAVEL CAN BE GROUND TO POWDER, BUT DIAMONDS REMAIN UNSCATHED. OUR DIVINE NATURE IS LIKE THE DIAMOND. HUMAN NATURE, ITS BODY AND MIND, WILL WEAR AWAY, BUT THE DIVINE NATURE OF MAN CANNOT BE DESTROYED. IN HUMAN NATURE THERE ARE ENDLESS VARIETIES, BUT IN THE DIVINE NATURE THERE IS BUT ONE LIKENESS - THE LIKENESS OF GOD."

Peace be unto you all ways.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Ninth Commentary,
Inner Chamber.

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COMMENTARY
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THE WAY OF ATTAINMENT (6)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in the Bond.

I am hoping that every one of us Nobles of the Light understands by this time what Sound (our speech) means. I hope that we also know what it means to "Have No Tongue," and how wise it is not to speak unless we have to speak, in which case we shall say something that is worth saying.

Though it does not immediately appear to the uninitiated, "In the BEGINNING was THE WORD." Can you see that every moment is the Beginning, for there is no Time, and each moment is, in a way, a center from which Life begins again . . . God, the All-That-There-Is, has no Beginning and No End. SOUND is the expression of Life, and thus the expression of God. The most elementary law, seen clearly, is that WE BECOME WHAT WE SAY. That is, the WORD is the issuing Force of the Father of All Life. If we SAY we are poor, nothing can make us rich; but if we say that we are rich, the force of the WORD makes us rich -- it is the Law. Therefore, there is indicated the greatest need for caution in breaking the silence with the Word.

I wish that it were possible for every Noble of the Light to whom I am now writing to attend the Inner Chamber meetings at The Institute where I am privileged to teach by word of mouth; but, as this is not possible, I pray that as I write the Spirit will allow to come through my fingers exactly what each Noble will need and understand.

(a) We Create With Our Sound.

Thoroughly to understand the first importance of Sound (speech) we should make a study of words, for words are the conveyors of our Thought. We say, for example, "I AM WHOLE." In saying this, we KNOW that we are telling ourselves the truth. We know the processes of mind behind what we are saying and of the feeling that enables us to realize within our own consciousness and

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our own body what we are saying. . we can see that WHEN WE SPEAK WE ARE THE CREATOR OF THAT WHICH WE DECLARE, and, having created it, we cannot stay the force that brings it into manifestation to the degree of feeling with which we proclaim it.

For example, let us ponder on the significances of the words - "I-AM--WHOLE".

"I AM" is the sacred name of the Creator as given to Moses at the burning bush: "I AM THAT I AM." THAT is the ancient word for the Nameless One, and Moses, who was an Initiate of the Egyptian Mysteries, knew that these words were enscripted on the walls of every temple in Egypt. The words "I AM" represented Existence, in this instance Eternal Existence, present, past, future. And now "WHOLE", think steadily of what it means. As I write I think of:

Roundness	Perfectness	Completeness
Circularity	Unbrokenness	Undividedness
Totality	Entirety	Allness
Aggregatedness	Comprehensiveness	Inclusiveness

Also such words as "wholesomeness," "healthfulness," "soundness," "beauty," "grace," "strength," and other complementary attributes.

As my mind rests upon the word "whole" in regard to the Universe, I think of:

Existence	Time	Harmony
Absolute	Space	Sound
Relation	Form	Breath
Uniformity	Substance	Light
Order	Vigor	Motion

As my mind rests upon the word "whole" in regard to my own mind, I think of:

Thought	Judgment	Knowledge
Spirit	Belief	Truth
Intellect	Faith	Wisdom
Reason	Memory	Energy
Imagination	Language	Power
Idea-communication	Creativeness	Thought extension
Sanity	Clarity	Brevity
Will	Resolution	Vision

As my mind rests upon the word "whole" in regard to my body and the interrelation of my mind in my body, I think of:

Health	Beauty	Strength
Soundness	Endurance	Resilience
Flexibility	Control	Concentration

Also of personal affections and feelings: passive affections, such as joy, pleasure, contentment, cheerfulness; discriminative affections, such as taste, likes, dislikes, social preferences; contemplative affections, such as expectancy, faith; prospective affections such as hope, courage, desire; sympathetic affections such as friendship, benevolence, gratitude; moral affections such as innocence, virtue, penitence, purity, and very many more.

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(b) An Analytical Exercise.

Now, having read over carefully what I have written, sit down and see how many more words will rush into your mind as you contemplate the word "whole" in relation to the Universe (the macrocosm) and to You (the microcosm). You will be astounded as you think of many words of slightly different changes of meaning.

Take this simple exercise: Sit before a mirror and say "I am Whole" in as many different ways as you can think of - say it softly, loudly, slowly, rapidly, murmurously, indifferently, and then, with all the love and emotional force you can command. Then with thanksgivingness, as though your gratitude were pouring out of you. LISTEN to the different sounds of your voice. Notice the different effects of your utterances upon your feelings following change in tone and modulation. If you are a faithful scrutinizer, you may teach yourself something that will be priceless to you.

Now, having carried this out (taking plenty of time), if you are attracted by any particular expression of the three words, make your selection and note the effect of the sound on your own emotions. Then look at your mouth as you say "I am Whole" with many different degrees of emotion. The first thing you will think of in contemplating the sound and form of "Whole" will be a circle. You cannot think of wholeness as a straight line, can you? The more you think of the word, the wider the circle will grow. You will notice also that the more feeling you place behind the sound the wider your mouth will open, so that when you say it with extreme emotion, slowly and with intensity, the mouth frames itself into a circle and the sound issues through the circle evenly and powerfully.

If you will grasp what I am telling you, you will have learned that there is a distinct correspondence between the very way the mouth forms words and the feeling that the words themselves convey. Thus, every word that we speak (no matter what may be the language) is like a note of music played upon the delicate instrument of life which is our body, and that the quality of music and its effect upon us is determined by the manner in which we speak. "IN THE BEGINNING WAS THE WORD!"

(c) Meditation and Sound.

Now, let us be patient, for we are discovering for ourselves the very source of our powers. Take your Nine Positives:

Whole	Powerful	Rich
Perfect	Loving	Young
Strong	Harmonious	Happy

Looking these over, we perceive a difference between the word "Whole" and the word "Powerful," for instance. While the word "Whole" has a full, pregnant, even, undivided sound, the word "Powerful" is harsher and more positive. (Sound the words, and you will see for yourself.) Its sound expands the atmosphere, as it were. When you say "Whole," the sound seems to be imbued with a negative feeling, with no explosiveness, and seems to be sustained within the breath as long as the breath pours it out. The word "Powerful" is dominant and penetrative, dynamic, and cannot be long sustained as evenly as the word "Whole."

Similarly, the word "Perfect" contains this penetrative quality as does also the

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word "Rich". Regarding the words "Strong," "Loving," "Harmonious," "Young," -- you can note if you practice that they are in the same category with the word "Whole," for they can be sustained on the breath with infinite feeling and emotion . . . They strike the negative principle, whereas the others suggest the positive principle.

(NOTE--What I am writing will mean nothing to you unless you practice saying the words. The sound and feeling of words will then make clear to you what I am unable to perfectly convey on paper).

Now, Meditation will mean little to you unless you ponder deeply the significance of the key words furnished to you for a meditational exercise or which you may yourself select as the thought received from the teachings that most impresses you. Recollect that in all esoteric instruction, or reading, or apothegms, there is an inner meaning hidden away to tempt your penetrativeness. A single word, like the "Absolute," for instance, means very little come upon casually, but in a Meditation hours upon hours, days upon days, years even, may be spent in searching for the meaning, the significance, the amplifications of that word.

Take the Twenty-Third Psalm for instance: Every line is packed with deep and profound reflection. "The Lord is my Shepherd." Here we have the intimate relation of the sheep to the shepherd. You are thus pictured as one of the sheep. Image to yourself this gentle, kindly, trustful animal, going only where he is led. And then the shepherd, selecting the best grazing for the sheep, the lovely contours of the feeding flock, their satisfaction in a green pasture, their delight with a still pool as they will not drink from any body of water that is disturbed, their economic and physical safety in the hands of their guide, and the touching words, "He restoreth my soul. He leadeth me into the paths of Righteousness" and so on. No wonder that man, as the sheep in the picture, bursts out with the exclamation: "He anointeth my head with oil; my cup runneth over." Six verses in all, yet every word, almost, an image of a most vivid type.

Take the double-column utterances of great souls that appear in THE LAMPLIGHTER at page tops. Every one of them is pregnant with a great truth, or filled with valuable historical information, with quotations from the Ancients. Or the formal exercises for Meditation that have appeared in the Commentaries as suggestions for deep thought. Take them apart, sentence by sentence; study their significances and their profundities. Read them out loud. Get their SOUND. Concentrate upon them. And if there be a picture in them, find it and elaborate upon it. Make it vivid in its form and color. Let your thought upon it be so steady and penetrative that, coupled with Sound and Significance, you will feel as if the room in which you are alone and in solitude is throbbing with Life, with the intensity of a realization of the Absolute. A shutter will open on some vista that will so impress the Imagination that nothing shall ever dim it. This is what is meant by Meditation. Words, Sound, Images, Vision, Revelation!

Meditation is the highest form of Prayer. It is a realization of Union with God. It is a Holy Communion between Father, Son and Holy Spirit and a balm to Body, Mind and Soul. It mingles us with the Trinity which is "US." Once the joys of Meditation are disclosed to you your hand has been put to the plough; you can never turn back. On the contrary, the movement will be always forward and upward, the self will become eternally united with the SELF and you will have entered into the Peace.

Therefore, be happy. Talk little this week. Watch every word you are tempted to utter. Study its far-reaching significances and possibilities. Think no evil, hear no evil, see no evil. Speak only when there is an imperative reason for doing so.

In your next Commentary I shall give you instances of the tremendous power of SOUND with the purpose of revealing it in all its aspects of grandeur.

Written in Faith at
Los Angeles, California, U.S.A.

Sincerely your Teacher, in
Fraternal Bonds of Joy and Hope.

End of The Ninetieth Commentary
Inner Chamber

Dino Lentini

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber
of the Science of Mentalphysics

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COMMENTARY
91

THE WAY OF ATTAINMENT (7)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Now we are to continue our consideration of the word "SOUND" as not only the CREATIVE PRINCIPLE but as a COSMIC FORCE. All through THE WORD and its mystic significance.

Because we are all of Western birth and possibly more familiar with the Bible than with the Eastern scripts, let us take up the story of CREATION with which we are most familiar, bearing in mind that there is not a word in the Bible that has not come out of the mind of man. It is Oriental in origin, impregnated with Eastern thought, especially in its first and last books, Genesis and Revelation. Besides, it never came into literature until about the 5th or 6th century B.C.

We find in the first words of both Genesis and St. John's Gospel the same starting point: "IN THE BEGINNING". Then in Genesis each act of Creation is prefaced with the words, "And God said: Let There Be --". In the Gospel it is "IN THE BEGINNING WAS THE WORD, and the Word was with God and the Word was God." Also: "All things were made through him and without him was not anything made that was made." Then John declares that He was LIFE and LIGHT.

(a) The Story of Jericho

We proceed now to the Biblical story of Joshua and the destruction of Jericho through SOUND, related in the Sixth Chapter. I give here the instructions received by Joshua from Jehovah:

READ THIS CAREFULLY... READ IT IN THE LIGHT OF WHAT YOU HAVE LEARNED IN MENTAL-PHYSICS

(. Now Jericho was straitly shut up because of the children
(of Israel: none went out and none came in. And Jehovah said
(unto Joshua, See, I have given into thy hand Jericho, and the
(king thereof, and the mighty men of valor. And ye shall com-
(pass the city, all the men of war, going about the city once.
(Thus shalt thou do six days . . . And it shall be that when
(they (the priests) make a long blast with the ram's horn, and
(when ye hear the sound of the trumpet, all the people shall
(shout with a great shout; and the wall of the city shall fall
(down flat, and the people shall go up, every man straight
(before him.

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The account relates that these instructions were followed to a strict conclusion and that when the shout of all the people went up Jericho's walls fell down flat.

Not long ago a well-known scientist made this statement as to the power of Sound: "If one who knew precisely the right pitch of the voice to use, one might stand opposite the Empire State Building, the largest structure in New York City, and shout with all one's force and the building would crash into ruins."

(b) A Remarkable Illustration of Power in Sound.

Let us now take a story from the Far East, related by Max Müller, professor of Oriental Languages of Oxford College, England, and authority on India and the Sanskrit language, who was the first writer to bring from the East the translations of the Vedas and the Upanishads. Prof. Müller was scientific in his relations of the events he chronicled and presented only those that, he thought, could be established by legal evidence:

Briefing this story which is told at great length and with evidential accuracy, he tells of a teacher, Sabhapati Swami, born in Madras in 1840, and who, still a young man, had a vision of the Infinite Spirit who said to him:

> "Know, O Sabhapati, that I, the Infinite Spirit, am in all creations and all creations in ME. You are not separate from ME, nor is any soul. I accept you as my disciple and bid you rise and go to the Agastya Ashrama where you will find ME in the shape of sages and yogins."
>
> Sabhapati reached Agastya Ashrama and found there in a cave a great yogi, two hundred years old, his face benign and smiling with divinity; he became his pupil and stayed with him for seven years. Then he was dismissed, his teacher telling him to "beware lest vanity or importunity should lead you to perform miracles and show wonders to the profane." Sabhapati never consented to perform a miracle, but he left an account one performed by a member of his own order.
>
> A rajah entertained him at Mysore with great reverence and hospitality. The Nawab of Arcot paid a visit to Mysore and he and his colleagues went to see the yogi. The rajah twitted the latter on his claim to be a divine person. "Yes," the yogi replied, "we possess the full divine power." This is what followed in the sight of all:
>
> "And he took a stick, gave divine power to it and threw it into the sky. It was transformed into millions of arrows and cut branches of the fruit trees to pieces, thunder roared, lightning flashed, rain fell in torrents. In the midst of this conflict of the elements the voice of the yogi was heard:
>
> "If I give more power the world will be in ruins."
>
> The people implored him to calm this havoc. He willed and all ceased and the sky was calm as before.

While no mention is made of The Word here, it is clear that in giving divine power to the stick the master uttered his command in a word and further must have used a word in what is related as "he willed and all ceased."

What that teacher knew was undoubtedly a law of vibration and his warning indicates the tremendous force of vibration, which is SOUND, that, if continued, would destroy the planet.

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(c) Importance of Right Accent and Tone.

Joseph Conrad was quoted in the February number of THE LAMPLIGHTER as follows:

> "He who wants to persuade should put his trust not in the right argument but in the RIGHT WORD. The power of SOUND has always been greater than the power of sense . . . Don't talk to me of your Archimedean lever. Archimedes was an absent-minded person with a mathematical imagination. Mathematics commands all my respect, but I have no use for engines. Give me the RIGHT WORD, the right accent and the RIGHT SOUND, and I will move the world."

Mr. Conrad was not a creedist and his stories deal with action mostly, but he was a psychologist, and his observations were always penetrating. He was admired for his well-balanced mind and for his self-achievements. Born in Poland he knew nothing of the English language until he was sixteen. He eventually became a stylist in that tongue and his stories have taken their place among "sea classics." For such a man to discover from intuitive processes the power of the Word and of Sound is to reveal the scope of his mind and his thinking power.

Conrad speaks of the right accent. This is what gives power to a word. Thus this is a confession that it is not so much the meaning of a word as its sound that gives it its effectiveness. He speaks of such words as Glory, Pity, Fatherland, Honor. These, he says, by their sound alone "have set whole nations in motion and have upheaved the dry, hard ground on which rests our whole social fabric."

The first sound of a baby's voice has been known to call the mother back from the coma of death to live for the child. The passionate address of a lover to his mistress thrills her to a madness equal to his own. The ringing speech of an orator may drive an audience of thousands to a frenzy irrespective of individual opinion as to the merit of his appeal. It is not the Word so much in such instances as the SOUND. One of the most beautiful verses ever written is that of Tennyson:

"The murmur of mating doves
In the immemorial elms."

The test of the poet's ability as of the author's or the speaker's is rhythmical SOUND coupled with penetrating utterance.

The hypnotist uses Sound upon his quiescent subject and thus puts him into a form of trance in which he may receive wounds without suffering, bear weights he could never assume consciously, perform feats of strength and endurance unknown and impossible to him normally and cause him to assume the characteristics and pose of any animal the hypnotist may suggest to him that he has become. All through the force of the Word and the Sound.

Consider for a moment the effect upon the tired or lazy individual of the military commands: "Halt," "Fire," "March," "Forward."

There are three actions necessary to the creation of anything: First, the thought or idea; second, the will-demand and the spoken word; third, the action of "doing." Next to "I am" in power is "I will." Both call forth the right Word.

Schopenhauer put this thought into his philosophical work entitled: "The Word, the Will and the Idea," erring only in his statement of the order of these processes, for the Idea is first, the Will second, and the Word follows for the creative launching.

As we began this Commentary with the story of the Creation as found in Genesis, it would be well in concluding to call to mind the story of the Creation from Eastern Sources.

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(d) All Truth Is One.

It is that Brahm rested for aeons in an Everlasting Calm during which he conceived the idea of Love in all its completeness. Then the plan of the Universe unfolded itself to his mind and he moved towards the creation of the Universe with all its multifold activities. As the West got its idea of the Trinity from the East, so, in this account, Brahm entrusts the Word to Brahma, the Creator, and Brahma brings into existence the Universe, the World, all living creatures and Man.

This explains the mystical statement at the beginning of St. John's Gospel about the Word. "The Word was with God and the Word was God."

In Mentalphysics we learn that SOUND is a FORCE. The Word cannot be spoken without the Sound and the Sound is Vibration. Thus the very waves of the atmosphere, vibratory in character, are behind the Sound and through vibrations the Sound is heard. All music, all tones, all words, all modulations, all commands or appeals are vibratory and the vibrations go on and on.

I repeat this, which you will have read in a previous Commentary: "All was - All is. All Ever shall be. The ALL spake, and Motion was, and is, and ever shall be; and, being positive, was called He and Him. The All Motion was his Speech . . . He said, I AM. And He comprehended all things, the seen and the unseen. Nor is there aught in all the Universe but what is part of him."

The Radio is a revelation in this respect. It is a simple thing in its explanation. All that it does is to receive inaudible sounds committed to high frequency vibrations and reduce the vibrations to the slight range of slow frequency necessary for the human ear.

It is understood of course that human hearing and eyesight are limited to certain vibrational ranges. Beyond the range for hearing we cannot hear. And beyond our range of sight we cannot see. Why is it that some spiritualistic mediums can see beings that we cannot? It is because they are what the French call clairvoyant, a word adopted into our own language as it stands. Its meaning is "clear seeing." And similarly with regard to spirit voices the medium may be clairaudient, a word also from the French, meaning "clear hearing." It is interesting to know that our scientists have secured motion from "invisible light" which is now used to close doors, shut off electrical machinery at the expiration of a given moment, and that the twinkling lights we see in electrical advertising signs are set off and on through the power of invisible light. Presently we may have "inaudible" sound waves for individual instead of radio use. Shakespeare, that world genius, forecast the radio in a speech by Lorenzo in "The Merchant of Venice," in which he says to his sweetheart Jessica, referring to the stars:

> See how the heavens are thick inlaid
> With patines of bright gold:
> There's not the smallest orb
> Which thou behold'st
> But in his motion like an angel sings,
> Still quiring to the young-eyed cherubim,
> Such music is in our immortal souls,
> But whilst this muddy vesture of
> Decay doth grossly close us in
> We cannot hear it.

Give thanks. Commit your spoken gratitude to the vibratory ocean about you. Be happy and thus shed happiness about you. Grateful words and happy words will vibrate throughout all space and bring gratitude and happiness with them.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

DING LE MEI.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Ninety-First Commentary,
Inner Chamber.

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COMMENTARY
92

THE WAY OF ATTAINMENT (8)
Practice of the Royal Art.

My beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In this Commentary I am inviting you to come out under the sky with me. On this summer day we sit together by the side of a running stream of crystal water, under the shade of a sheltering tree; all is still, save for the murmur of the rippling water and the sound of our own voices. We talk together about what we have learned since we entered Mentalphysics . . . . try to imagine this scene, and FEEL that you are there with me. Perhaps you have never met me as your Teacher in person, though I trust that you have contacted me spiritually . . . now, we are together.

Let us see whether we can condense in a few sentences the salient truths that we have so far made our very own. We have come to see THAT WE ARE GOD IN HUMAN FORM, though we may not have come completely into mastership of our own life - and we know that that is so, simply because we do not yet truly know enough.

WE KNOW -

(1) That the body is truly the Temple of the Living God, but we know also that it is simply vibration; that of itself the body is nothing and is helpless, and that it is the Spirit that quickeneth; that your body and mine are parts of the Great Body of Life. We know that the sole mission of the body is to act as an avenue through which Universal Consciousness can express itself in the manifest worlds.

(2) That the body contains within its substance the Magnet, which is the One Principle, which Principle is perfect, for it is the emanation of The Father which is in the Universal Heaven; that your body is a part of that Principle and, as Principle cannot break its own Law, your body is a part of the emanation of The Father which is in Heaven within you (you, as a part of the Universal Father of Life), perfect in its substance, perfect in its quickening energy directed by the Spirit, perfect in Spirit as the FATHER (the Creator of ALL THINGS) which is IN HEAVEN (within you - the Kingdom of Heaven is within you), is perfect.

(3) That your body (your PHYSICAL BODY if you wish, or YOUR WHOLE BODY in the Mentalphysics sense if you wish) is God's substance, your instrument for allowing God to be expressed.

THIS SPACE IS FOR YOUR OWN NOTES

(4) That your energy is GOD'S ENERGY - God in action - allowing you to watch God's nature.

(5) That your MIND is the magnet that contacts the WISDOM OF GOD in transit, by which and through which you may, by watchfulness, come to know God's nature.

(6) That your LIFE is the EXPRESSION OF GOD - the unfoldment of God's nature through you - causing you to see that YOU ARE GOD IN HUMAN FORM . . . WHATEVER THE CREATOR IS I AM . . .and THAT I AM THAT I AM THAT I FEEL THAT I AM.

(7) That "IN THE 'BEGINNING'" was The Word. (We should by now know that The Word - Sound - or Silence, which is Sound transmuted - is the switch that turns on the power of Life Itself. We should also know that "the Beginning" is NOW, the Ever-Present Moment. Having this in mind, let us see what the "WORD" truly means . . . .

IN THE BEGINNING :

Was MAN . . . and MAN was with God, and MAN IS GOD.
Was MIND . . . and MIND was with God, and MIND IS GOD.
Was Consciousness . . . and Consciousness was with God, and CONSCIOUSNESS IS GOD.
Was SPIRIT . . . and the Spirit was with God, and the SPIRIT IS GOD.
Was SOUL. . . . and the SOUL was with God, and the SOUL IS GOD.
Was the WORD. . and the WORD was with God, and the WORD IS GOD.

(8) That we come to know through intuition: that intuition is direct insight, constant awareness, direct inner perception, swift instant understanding, the identification of one's self with the Cosmos, the knowledge of reality itself. Intuition is embraced in MIND, but the difference between the Conscious Mind and Intuition may be summarized as follows:

MIND --	INTUITION --
- sees form.	- sees reality.
- sees many in the one.	- sees one in the many.
- analyzes the light of truth, and sees the beauty of colors.	- synthesizes the colors and sees only the dazzling white light.
- asks WHY?	- simply KNOWS.
- demands proof.	- sees and knows.
- sees the world of effect.	- sees the world of causes.
- creates matter and its laws, the outside world of causes and effects.	- belongs to the inner world of freedom, one with the essence of all.
- creates time, space, emotion and strives for omnipresence.	- sees all past, present and future, freed from the necessity of movement.

I have no better comment to offer on the difference between "Mind" and "Intuition"

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than that given by G. E. Paelian in his "Relativity and Reality" : "To get a mental glimpse of this intuitive vision of the superdimensional, timeless world, the world of archetypes, let us take the well-known example of a picture gallery, where all types of pictures are hung on the walls. A spectator who visits this gallery at night with a small flashlight in his hand can only see one picture at a time. That picture for him is a living thing in the present, and nothing else exists for him. As he moves along he sees new pictures and the old ones become buried in the 'past'. The picture he has not yet seen exists for him only in the future. But the gallery represents the superdimensional world, everything is there all the time. It is his mind which is 'moving', and invents past, present and future. When he completes the circle and starts going around the second time, because he has now seen the entire gallery, the entire plan, the pictures are revealed to him in a new light, is a new relationship . . . . The difference between mind and intuition will be seen clearly if we consider them as two branches of mathematics, as for instance, arithmetic and algebra. Arithmetic, like mind, deals with specific numbers; algebra, like intuition, deals with general, universal cases."

* * * * *

I wonder whether you have enjoyed sitting by the crystal stream under the shade of the sheltering tree as much as I have. I have been doing the talking, or most of it; and I hope that our conversation will make things a little clearer to you. Now, we will go away and think - being still and happy, and giving thanks that, though we may not have come fully into knowledge that keeps us "up in Heaven," we are on our way.

We feel that we have faith to keep on. But WHAT IS FAITH? I mean that faith or recognition within that knows that certain acts will bring certain results or the right results whatever they happen to be, regardless of time or circumstances. Faith is an unwavering trust based on patience that in due time all acts will bring their just results, for we know that God takes care of all conditions whether we understand or not.. Faith brings us the feeling that at the proper time the proper conditions will manifest which are totally in the hands of the Infinite Wisdom without our interference. Which is saying that if we DO WHAT WE CAN DO, then GOD MUST DO THE REST... That really is faith. What Man can conceive, he can also achieve.

"But God is responsible for keeping my thought right," said a man to me the other day, not knowing that he was talking nonsense. "I KNOW that I am Thought in action," said he, "and I Know that of myself I can do nothing. I cannot think an original thought . . I cannot add one tittle to my stature . . . I cannot --" And he went on rattling away telling me that he KNEW that "God" directed his thought. He repeated, "God is responsible for keeping my thought straight." NOW, THIS IS SHEER NONSENSE. God is not responsible for anything. God is an exact Law, operating always and ever the same. GOD IS THE THOUGHT, for without Thought, as you know, Man could not live. This man did not know what we know - that our thought comes to us from the Universal Intelligence, and are guidance for whatever action is to be brought forth.

ALL THOUGHT IS UNIVERSAL IN ITS VIRGIN STATE. But GOD IS NOT RESPONSIBLE FOR WHAT YOU AND I DO WITH THE THOUGHT THAT IS HIS VERY ESSENCE, AND WHICH COMING TO US BECOMES OUR OWN.

THE MASTER is he who recognizes that "THOU ART WITHIN ME THINKING THE THOUGHT OF THE UNIVERSE THROUGH MY MIND." The Master is he who is actually living in the image and likeness of the Father which is in Heaven, and therefore wholly impersonal. Can you immediately get into the high vibration of our Healing Breath? Can you feel that blissful feeling - there is no right nor left, nor up nor down, but all a beautiful impersonal universal feeling. This is the idea of the feeling of the Master's impersonality. The universe is his body, and he has no feeling of separateness or division. He lives in all, and all is contained within himself. He cannot be hurt or disappointed with anything or anyone, and acts freely without any thought of the

THIS SPACE IS FOR YOUR OWN NOTES

outcome, knowing that he is carrying out the behest of the Universal. He lives as the sun shines, not asking questions, but doing The Will.

Of course, one will say, that is how the Master lives - he knows how. So do YOU. You may not know as much as some, but we have to attain to mastery by being the master over the things that we know; and if we say that we KNOW a thing and are not the Master over that thing, the Truth is not in us. BE THE MASTER OVER THE LITTLE THINGS - this is our first duty.

Give much time to meditation - and meditate upon the needs of mankind and of the needs of our Mother, Mentalphysics, as the Bringer of the Light. I suggest to you that every Thursday night at 8 o'clock (Pacific Standard time) you join with us here at the Institute in meditating as follows :

(You will hear the voice of your Teacher, as he says . . . .

"And now let us draw to the Center for our Spiritual work . . .
(imagine here a gong sounding through your room).

"THOU, by whose will we are, pour through us the Power to EXPRESS THY PERFECTION. THOU, by whose Light we live, fill us with THY RADIANCE."
(imagine again the gong).

"THOU, Love, the Omnipotent Creating Fire of All Life, intensify us, Thy sparks, into radiant Suns expressing Thy Glory. . . Blend us, Thy brilliant rays, into ONE Glorious Globe of Effulgent LIGHT. . . By Thy power so direct its radiance that It embraces in the glory of THY PRESENCE all those whom we now think of."
(imagine again the gong).

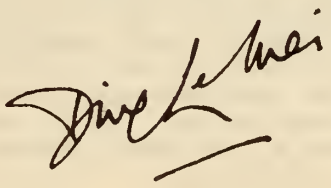
"We embrace the students of this Class who are not with us materially. . . We embrace the students of all other classes. . . We embrace all Home Study students wherever they may be. . . We embrace all who are seeking THE PATH, and by our Light guide them to find our Mother Mentalphysics."
(imagine three gongs).
(we pause, sending out The Light).

"I am WHOLE - nothing is lacking, nothing can be added. I AM ALL THAT THERE IS.
"I am SUBSTANCE. (pause of ten seconds).
"I am THE POWER CREATING THE FORM OF THE SUBSTANCE. (Gong - pause of ten seconds).
"Substance now takes form, and flows to me as my limitless supply. (" ").
"The inexhaustible opulence of the Universe, the Gift of Divine Love, now flows through my hands for my use, and for the spreading of The Light. (Gong - ten seconds)
"And now, as this substance flows to everyone in The Circle according to the individual desire, so this Circle becomes a pool of riches for the use of our Mother Mentalphysics" . . . . I am now a magnet drawing to this Circle the abundant riches needed for the ever-increasing expansion of our Mother Mentalphysics." (imagine three gongs).

PEACE BE UNTO THEE, MY BELOVED.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

DING LE MEI.



Written in Faith at
Los Angeles, California, U.S.A.

End of the Ninety-Second Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

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COMMENTARY

93

THE WAY OF ATTAINMENT (9)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary (the 92nd) it was written : "All thought is universal in its virgin state . . .BUT GOD IS NOT RESPONSIBLE FOR WHAT YOU AND I DO WITH THE THOUGHT THAT IS HIS VERY ESSENCE, and, WHICH, COMING TO US BECOMES OUR VERY OWN." I invite your most earnest attention to this statement, for it seems to me that this is the greatest stumbling block in the path of otherwise industrious and sincere seekers. It does not matter to God - it matters to us alone what we do with the substance of the Eternal Spirit (Thought) that comes to us direct from the universal.

In our "Lamplighter" for Oct./37, in a short editorial, speaking about General Foch in the terrible war, we remarked that his message to headquarters read: "My right has been driven in, my left has been driven in - consequently with all that is left of my center I will now attack." We then went on to show that this is like a great many students - they drive in with their right, they drive in with their left, but they do not USE THEIR CENTER . . . we do not, so to say, attack with our Center, where GOD is within us. We study and read and practice the strategy of the right method, but think that it is "I" who does the work, failing to see that the power which we all use in the circumferences of life ALL COME FROM THE CENTER. In other words, "Be not thou the warrior - seek thou the warrior within thee, and let Him fight thy battles." How important this is . . . but how hard to learn; but when we employ the very power which we wish to use, the work is already done . . . . "Be ye perfect . . . . . "

Every Noble of The Light knows, of course, that Mentalphysics practices are true Yoga. Most people base their hope - of success, of happiness, of affluence, of peace and so on - on genius. In Mentalphysics we base all our hopes not on genius, but on training. Most people think that we need great minds in order to discover Truth, but that is a sign of an uncultured mind. Truth, when all is said and done, is to be found by everybody - it is contained in the smallest phenomena. Take a blade of grass - discover what a blade of grass really is, and you have conquered the principle of the universe, you have learned that which is the key to all things visible and invisible. The Western idea of depending upon talent to discover Truth is mystifying to the East - what supreme irony, they say, that you, the impatient ones, must wait for the birth of an unusual individual in order to become conscious of something which is a matter of course . . . all Truth is

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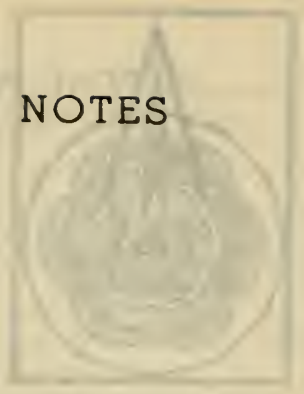

simply a matter of course. And there is naught higher than Truth.

We know that Truth expresses itself. What do I mean? I mean that when we rid ourselves of the eternal "I" and trust in The Law which works in and through us, our lives cannot but be successful in every sense of the word. If you were to be here in my study, and were able to watch and read the letters that come daily to my desk for reply, you would realize how great a work Mentalphysics is doing in the world, and after a few years there is not the slightest doubt in my mind that Mentalphysics will be known throughout the earth. By that time you and I, and all other Nobles of The Light now in Mentalphysics, and who consistently PRACTISE what we are learning will be like great beacon lights all over the world holding up the Torch of Truth so that all may learn to see.

I quote from a letter which has just been brought to me - the very first in the day's mail. It is from a student who has been seeking for many years. She says: "I am now on my 27th and 28th Commentaries, and I will say that your lessons have really taught me how to live. I have all the health, happiness and peace that one could ask for, and am now on my way to success and wealth." What a testimony to TRUTH! Then she goes on to tell me that back in 1926 she received a patent from the Patent Office in Washington, but "I could never get the right connections until last week, and it seems almost a miracle how this came to me, after so many years. But I know and you know just how it came" . . . meaning through the agency of Mentalphysics, of course.

I hope that this will inspire you as you read. The time will come when all of us in Mentalphysics will be, by definite experience, the masters of our own lives. We shall KNOW the Truth, and the Truth will make us free.

FREE to work out our own salvation, as we all must.

There are men in the world today who dwell in the high places of the earth - Mahatmas - unrecognized supermen who guide unselfishly the destiny of mankind. We cannot yet be like them, but we CAN DO WHAT WE CAN DO . . and with the doing of The Law we grow more and more into that freedom which will lead us to the Absolute. These men have got beyond the limitations of matter - we are not yet like them, for we are all similarly begirt by Necessity. Externally they are like us; they possess a mortal frame, and appear even less than do the great men of the West as far as the wealth of their human power is concerned. YET THEY ARE MORE THAN MEN BECAUSE THEY ARE COMPLETELY FREE. They are only fettered because they wish to be so, they do not need to die nor to be born again; wherever they wish to be, there they are present, whatever they turn their attention to, they know. Their consciousness embraces not the little affairs of their own environment, but embraces the world. They leap from star to star, as Count Kerserling once remarked, "just as we do from memory to memory." They are not interested visibly with earthly events. They act in silence and secrecy. But they train assistants in the stillness who are to further their plans in the visible world.

Read that last sentence over and over again. Are YOU one of those whom the great masters are training to do the real work of the world? Happy are you if this be true. Remember that wherever a struggling child of man seems ripe to be translated into a higher dimension, the master meets him lovingly half way and points him to a higher and higher course of action and living. Whenever we feel fired with a great desire to help humanity, that desire is probably the result of the inspiration of these great souls, and wise are we if we allow ourselves constantly to rest in the silence of our own spirit that we may increasingly feel the inspiration to work out our high visions on this earth. We begin with our own

THIS SPACE IS FOR YOUR OWN NOTES

lives . . (a) perfect health and expression on the lowest plane; . . (b) perfect joy and gratitude and reverence on the mental plane; . . (c) perfect bliss and trust and submergence of the selfish self on the spiritual.

Now, we who have learned and have begun to live what we have learned, KNOW that we are in contact with the Great Hidden World Rulers, the higher ones in the universal hierarchy of Divine Wisdom.

If we have eyes to see we can recognize the work of the Great Ones, who are indeed the Hidden Rulers. Countless practical plans, quite capable to end both war and poverty, and to herald the coming of the New Age, have been presented to the human race by generous, brilliant, and deeply sincere men and women - all the work of the Higher Ones. Because these plans have hardly got beyond the conversational stage is not that the work of the hidden rulers is defective, but that Man has not yet been ready . . though with every plan put forward, even if it falls to the ground and bears no practical fruit, progress has been made in inspiring men to those rules which will ultimately make this earth a veritable heaven.

The Higher Ones are constantly working through highly evolved men and women to destroy influences that keep the human race in constant bondage to age-old humanly perpetuated foes, such as war and poverty. The Higher Ones are always with us, and the more we FEEL this to be true the more we unconsciously surrender ourselves to their benign influence. This is the manner in which God - the SUPREME WISDOM - works. It is as if the Higher Ones are directing our thought; of course, you know that . . . what we must every moment of every day remember is that we MUST PRACTISE THIS FEELING OF KNOWING HOW GOD WORKS.

As an example : I wake in the morning, and at once I feel that with the Breath of me, the Higher Ones in the universal council of wisdom are commencing their work through me for the day. I hear their voice :

> "ALL THINGS ARE YOURS - the world, or life, or death, or things present, or things to come, ALL ARE YOURS. Eye hath not seen, nor ear heard neither have entered into the heart of man the things which God hath prepared for them that love Him. But God hath revealed them unto us by His Spirit.
>
> "Prove me now herewith, saith the Lord of hosts, if I will not open you the windows of Heaven, and pour you out a blessing, that there shall not be room enough to receive it.
>
> "He that overcometh shall inherit ALL THINGS.
>
> "We went through fire and through water, but thou broughtest us out into a WEALTHY PLACE.
>
> "Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.
>
> "But let patience have her perfect work, that ye may be perfect and entire, WANTING NOTHING."

All of us Nobles of the Light must feel that we are being trained in the stillness and harmony of our lives to further the Divine Plan in the visible world. And what unutterable beauty is in this thought. Many are called, but few are chosen. . . WE ARE AMONG THE BLESSED CHOSEN ONES.

THIS SPACE IS FOR YOUR OWN NOTES

Keeping ourselves in this thought and feeling, we are constantly marvellously near to God. Then we truly know what it is to "Have no Tongue" . . to "Mind Our Own Business", . . and that "Nothing Matters." In this connection, I quote from a very logical article written for "The Lamplighter", by our First Preceptor (the article appeared in the Oct./37 issue, and all Nobles of The Light should have it by them - its title is "Mind Your Own Business". The First Preceptor says :

"In following the teachings of the Art of Living, our beloved Science of Mentalphysics, the writer has formulated for himself, out of many equally important rules for guidance, three which seem to be of greater and more immediate importance to the beginner in the search for higher things than the others. They are

(a) "MIND YOUR OWN BUSINESS";
(b) "HAVE NO TONGUE"; and
(c) "NOTHING MATTERS".

"On the purely personal side of life, to mind one's own business is one of the most difficult things to learn and is, sad to say, ignored by most people. We are so involved - nay, entangled - in the meshes of personal relations with our families and friends, our business and social associates, that to many of us it is an irresistible temptation to give advice, which is rarely heeded, to try to fashion the lives of others to suit our own ideas and opinions, and in general make nuisances of ourselves in the lives of others.

"This very article may appear to be of that nature! Yet it may be that the lessons learned through the experiences of those who have learned to "mind their own business" will prove helpful to other seekers of Truth, in its application in their lives. To the beginner let it be said that when the understanding of "My own business" unfolds to the consciousness, it will be seen that there can be no greater individual attainment than that of obeying that which in the higher realms is a LAW. So to you who, through the study and practise of Mentalphysics, are on the road to "Mastership", the advice is given with all the love of a fellow student to begin today the glorious practise of "Minding Your Own Business". Never mind the other fellow -- work out your own salvation.

"In our relations with others we must first learn the greatest of all practices, that of "Non-recognition". We learn not to recognize what appear to be failings and weaknesses in others, for by so doing we admit that there exists in our own consciousness the very thing we condemn in them. Plato says, "What thou seest, that thou beest". We must never forget that all motives spring from a Spiritual seed planted in the individual by Divine Love. In its passage through the darkened consciousness of the ignorant one, the seedling becomes distorted and stultified, emerging perhaps as what is known as a crime. If we fail to attain to the blessedness of a consciousness which cannot, because of its own radiant Light, see the darkness in others, then the next best thing to begin with is the practice of non-resistance.

"Because an action or opinion does not coincide with our standards of behavior, let us not allow ourselves to take such notice of it that we immediately desire to rush in and resist it. Let us mind our <u>own</u> business, and not permit the incident, whatever it may be, to "get under our skin" and cause <u>us</u> to be irritated. Not by what the other person does, but because of our own antagonism to it. The irritation will be our own if we permit it, and <u>we</u> shall suffer - not the other fellow. We must practice every moment of the day seeing everyone we meet in the "Light". With our inner eye we must see through all appearances to the true self of others, which is in reality our own self in them.

"Is such a task easy? By no means, yet by constantly minding our own business it can be accomplished. THE LAMPLIGHTER -- "Lighting Human Lamps"

We shall return to this great idea of "minding your own business" in your next Commentary, for it is the greatest of all lessons. Let us together <u>live</u> this Commentary this week - BEING HAPPY AND GIVING THANKS. <u>Nomaste</u>.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

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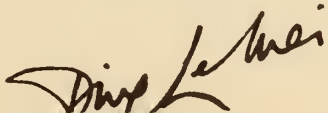

Written in Faith at Los Angeles, Calif., U.S.A.
End of The Ninety-Third Commentary, Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

94

THE WAY OF ATTAINMENT (10)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

> "UNTO YOU IT IS GIVEN TO KNOW THE MYSTERIES OF THE KINGDOM OF GOD ; . . . BUT TO OTHERS IN PARABLES, THAT SEEING THEY MIGHT NOT SEE, AND HEARING THEY MIGHT NOT UNDERSTAND."

These words are familiar to everyone of us. Suppose that the time and effort men have spent throughout the ages trying to accumulate possessions which they knew they could never permanently control, . . striving for those things which they knew they could not possibly need, and which they usually do not want after they get them, . . . striving to gain honor or glory belonging not to themselves, but to their Creator, . . let us suppose that they had spent the same intensity of effort to improve the lives of their fellow-men, mankind would have turned this old world of ours into a veritable "Garden of Eden", and men into what they truly are . . or at all events, beings worthy of occupying it, . . many centuries ago.

I invite you to read the above paragraph most carefully - read it many times. Then see whether you agree with what I have written.

After you have read it, analyze what you feel within yourself. See whether you feel in your own mind any pictures of conditions of life that you would consider ideal for yourself and for the circle of friends that you have. Would you like to feel that everyone whom you know possessed enough of this world's goods so that they would never have to worry again -- would you like to feel that once and forever you and all whom you know would never again have to think of planning and scraping and "saving" for the things that you and they need? . . . Would you like to feel that you and everyone whom you know would never again have the fear of "getting ill" . . can you see the picture of the whole human race freed once and forever from disease and disharmony and physical disbalance? . . . Would you like to feel that everyone whom you know was once and forever made happy, that they could never again be unhappy, that there would not come into their lives anything of whatsoever nature that could make them unhappy? . . Can you see all whom you know perfectly contented, being what they want to be and doing what they want to do, in the full and definite knowledge that never again would they have to worry about material things, or ever have come into their consciousness aught that would mar the perfectly even sunshine of absolute joy in their lives?

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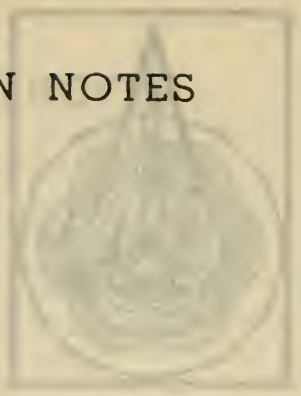


SIT AND THINK LIKE THIS. You know the way to "imagine" a perfect condition of society - mankind united, mankind liberated, emancipated, made free! Sit each evening this week, and see how wonderful the picture of a world released from all its suffering and doubt and disappointment and disease and failure and fear of death can be etched in your mind. Then, sitting quietly, bring out the colors and fill the picture with the harmony of the colors. . . . Then, having made the picture, let your imagination revel in it.

(a) Is This a Foolish Dream?

Foolish? No, WE Nobles of The Light KNOW that this is not foolish, for we are fully aware that that is the way in which we first begin on our own road to happiness.

We know that THAT which enables us to paint this picture is the same LAW that orders this Universe. We cannot stop the sun in its course. We cannot cause the tides to recede before their time. But we CAN COOPERATE WITH THE LAW.

Now, My Beloved, I wish to talk with you in absolute honesty. What availeth it if we "learn" all these things and do not USE them? You have learned much. Since coming into Mentalphysics you have so ordered your life that, looking back, you scarcely recognize yourself as the same person that you were. So far, so good. You have come into the knowledge that you are God in human form, and you have, so far as your own life is concerned, made the LAW work (meaning that you have through practice come to feel the way to lose yourself in The Law, and let it work through you). That is good. You have come to the point where you enjoy better health . . you are happier . . you are filled with the unweighable riches of life in a manner that causes you constantly to stand reverently before The Law and Give Thanks. All that is good.

I am the same. Looking backwards, I cannot understand why LIFE ITSELF has so blessed me. My life is altogether changed. I am a different person from what I used to be. I know more, I am more, I do more, I know more . . all because I have to some degree learned how to submerge the personality, because I have ceased to be the warrior, because I have come to see the wisdom of losing myself to find myself. But . . LISTEN . . . what have I done for others? I confess to you that, as I review my own life, I realize that, while it is clear to me that the only way in which I can truly help myself is in helping my fellow man, WHAT HAVE I DONE FOR OTHERS? Have YOU the courage to ask yourself that question - what have YOU done for others? In the midst of all the blessings and the very glory of Life which LIFE ITSELF has brought you, how have you shared it with others?

(b) The Only Way - Spread the Light!

I know that you will agree with me that the ONLY way we can grow is to serve - the only way we can have is by giving, and that we have only that which we give, . . the only way that we can enjoy is by sharing . . . . and so on. I know that YOU know this . . . . just as I know it . . . but again, WHAT HAVE WE DONE AND WHAT ARE WE DOING FOR OTHERS?

In the answer that we are able honestly to give to this question, shorn of all pride and hypocrisy and vainglory, lies the secret of our life and of our growth into life more and more abundantly.

Personally, I tremble as I arraign myself before the court of my own mind. What have I done? Without any fear of contradiction, I can say that I do today more for others than I have ever done in my life before. I share what I have. I like to feel that I do not any longer belong to myself, but that I belong to the ALL for which I work and which I serve. This is what I LIKE TO FEEL --- BUT am I doing what I can? That is

THIS SPACE IS FOR YOUR OWN NOTES

for you and for me to answer before the Master within us -- and there is no other Master.

What I am writing may seem ordinary material - it WILL be ordinary material unless it makes you think. But I feel that I am writing to a Noble of The Light, one in whose consciousness there is much of myself - in the sense that I have been used, as your Teacher, as a conduit through which the eternal wisdom has flowed to you.

I ask you to imagine again : What do you think would happen if every one on this planet today KNEW WHAT YOU AND I HAVE LEARNED IN MENTALPHYSICS? I am sure you would agree with me that we would have an earth populated by a race of embryonic supermen, for I am sure that you feel, making comparisons between your present and your past, that you are a seed of the Lord of the Eternal and that on this earth you embody within yourself all that is necessary for you to become a leader and a "superman". I am sure again that you will agree with me that this old earth would be a happier place for men to live upon. If everyone knew and lived what Mentalphysics has taught us there could be no more war, no more pain and human misery and woe, no more hungry little children, no more unfortunate derelicts of human beings waiting for the grave to swallow them up.

Imagine again : With the whole human race possessed of even the little knowledge that we have, what do you think would happen if everyone would put aside the struggle for individual financial superiority over others for just five years? What do you think would happen if all, knowing what we know now, would unite their efforts for the purpose of supplying each family on this earth with all they needed . . . . . SIT AGAIN AND LET YOUR IMAGINATION BRING THE PICTURES TO YOU.

(c) We in Mentalphysics Can Bring It About

This picture literally staggers the Imagination --- such a condition makes our minds entirely majestic, for we see that all men and women would have become seekers of The Light that enables them truly to live.

You can imagine this? You can, can you not? What enables you to imagine it? Ten years ago you would not have even dreamed about it, but as you sit there in your chair, feeling after the blessed essence of the Eternal Spirit within you that causes you to think such thoughts, you recognize that it is the knowledge and the wisdom that Mentalphysics have brought to you that is the germinating cause of your beautiful imagined pictures.

And, My Beloved, these pictures CAN COME TRUE. EVEN AS I WRITE AND SEND THEM OUT TO YOU, THEY ARE COMING TRUE. This that I am writing to you is not my own; it is coming direct to you through my dextrous fingers straight from the heart of the Lord of the Eternal. The Voice of The Spirit speaks - all that I do is write, and I am writing -- oh, so heavily and flounderingly - that which comes on the wings of Spirit with unutterable clarity. It can be done. It will be done. AND WE WILL DO IT.

Yes, we in Mentalphysics will do it. But am I writing the Truth? WILL WE? As you read what I am writing to you -- and my beloved, this is a personal message direct from the Center of Light if ever anything came to you this way - do you feel within yourself that you have courage to renounce all your own selfishnesses and pettinesses and non-essentialities and "FOLLOW HIM," the Lord who doeth all things well? You can feel that I am writing to myself equally as to you. I am sitting in judgment not upon YOU, for that is not my right (the only one whom I should judge is myself), but upon myself. Nevertheless I AM YOU and YOU ARE ME, for there IS BUT ONE.

THIS SPACE IS FOR YOUR OWN NOTES

(d) A Heart to Heart Talk

And now a final word. Have you "enjoyed" this Commentary? Has it made you think? Has it brought up within you the Fire of the Fire? Do you feel that YOU have your part to play, and is the desire in your heart to play your part a REAL THING with you? I hear, coming through the waves of the spirit, striking upon my mind through the waves of the eternal ether, a decided "YEA". Then we are one in spirit. . . . . Now remains the question, HOW can we bring this to pass? I, you may say, am only an ordinary human being. My Influence is narrow, I have little substance. I seem to be hemmed in by things that keep me back from doing what I would do. . . . My Beloved, that may appear to be so --- but it is NOT so.

IF you feel what I am writing very strongly, I repeat it is because of what you have learned in Mentalphysics. Mentalphysics has opened the well springs within you - and nothing else has. Therefore, if you desire that others should enjoy the same delights of mind and spirit as have come to you, is it not reasonable for you to begin with others where I began with you? I, as the Founder of Mentalphysics, sought you . . . how did you come into Mentalphysics - I do not know ; but just as I sought you and began to impart to you the mysteries, so you may bring in others to the Light of Mentalphysics that you enjoy.

This week devote all the time and energy and prayer and joy that you know in bringing others into Mentalphysics. This is the greatest blessing that you can give to men, is it not? Is there anything better that you can give? - you may give of your money to people, but to give them knowledge is better . . . and so on, and so on.

If Mentalphysics means anything to us, let us LIVE IT. Let us do ALL what we can do, knowing that what WE do is the seed of the greater abundance that follows automatically. If you truly feel that Mentalphysics is the greatest thing in your life, and that the blessings that you enjoy have their origin in Mentalphysics - from the point of view that Mentalphysics has taught you more truly how to live - then Spread the Light. Let this be a week for you to SHOW your gratitude. Mentalphysics our Mother needs all that you can bestow upon her - she needs money and all kinds of substances, joy and all kinds of energy, faith that will bring all things into fruition. Let it never be said of you that you withheld your hand when it was within your power to give . . . . no matter what it is that you can give. Enrich your life by showing others how to enrich their own lives. Become more successful by helping others along the way.

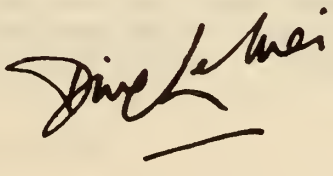
In a word, in the immortal words of our beloved Mother . . . BE HAPPY AND GIVE THANKS: May the Light of the Divine Wisdom show you not alone what is written in this Commentary in words, but may the fire of the Spirit that prompted its writing so quicken you that this may be a week of supreme joy and love and right activity and peace that passeth knowledge.

My peace I give unto you forever.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

DING LE MEI.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Ninety-Fourth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber
of the Science of Mentalphysics

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COMMENTARY
95

THE WAY OF ATTAINMENT (11)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I am writing this Commentary with my Heart to YOU. I wish that it would be possible for you to be here in Los Angeles with us on the occasion of our first Ten-Year Anniversary. Ten years! Yes, ten years ago that my first student came to me in Oakland, California. It happened in this way. One of the agencies - I think it was Dun's or Bradstreet's - sent a young man up to make inquiry as to my financial standing. I was working in my garden, a wonderful sunny California day. As the young man came down the path, I greeted him, and immediately "recognized" him. . I believe that he "recognized" me. Having given him the information he was seeking, I sat down with him on the garden steps, and within a minute or two we were talking philosophy. The time was two p.m. . . he left my study just before ten p.m.

As I look back, it seems like a dream. Years before this my Master in Tibet had told me that "There will come a time in your life when nothing will satisfy you but to teach!" For months before I had entertained friends in my living room with discussions and explanations on occult matters, but here was the first person who had asked me to teach him.

(a) My First Student

So we went to work. He used to come up to my study in Oakland and I taught him some of our breathings. I typed out a lesson and handed it to him, telling him what to do day by day. He came regularly to me twice a week, and sometimes our meeting would run well into the small hours of the morning. Three or four weeks after that, my second student came, and well do I remember typing out the lessons for them, with no small feeling of gratification. Then others came. I was as interested in these few students then as I am interested today in hundreds of students all over the world. Did I know what I was doing? Scarcely! I was teaching, but I was not conscious that I was a Teacher. The idea grew - I enjoyed the teaching - I reveled in the fact that what these students were getting from me were bringing good results to them - I was made happy in helping others, and my own joy increased the more enthusiasm I put into teaching them . . . they were great days!

And today as I look back, I repeat it seems like a dream.

THIS SPACE IS FOR YOUR OWN NOTES

Just a few weeks ago, "out of a clear sky", this first student came to see me in Los Angeles on his way to San Diego. When he saw the progress that Mentalphysics is making throughout the World, he was lifted on high - to him it seemed like a dream when he used to walk up the steep hill leading to my home for his "lesson." He could not find words to express his joy - he was "as proud as Lucifer" that he had been the first student in Mentalphysics. He rejoiced in the fact that, from himself as a single seed, Mentalphysics had grown to its present most gratifying proportions. At that time, of course, the name "Mentalphysics" had not been created.

(b) The Next Step - In New York

My mind goes back to my trip to New York. My first lecture, by invitation, was to the members of the N. Y. Psychological Society. It was a terrible failure, for I had "prepared" it. It left everyone cold. But at the end of the lecture, seven people came to me, all of them unknown to the others, asking me to "Teach" them. I consented. We hired a little room uptown, paid five dollars rental each evening for it . . by the end of the first week it had grown too small. Others came, and more, and more - thus was Mentalphysics born. I was compelled to acquire a classroom, and chose Steinway Hall, and as I look back to those days in Steinway Hall and that growing army of great souls who sought the Light through what I could teach them, my heart is exceedingly grateful. The "heart" that I speak of is the center of spiritual consciousness, as is the brain of intellectual. They took me to their heart - I took them to mine. How we worked! How we loved the work, and how greatly blessed we all were!

Then, when the time seemed ripe, I came out to the Pacific Coast again - this time to Los Angeles. I lived in Santa Monica, came in daily to my office and class rooms in the Trinity Dome in the heart of the city - but we were up in the sunshine . . . a garden roof, a beautiful circular room for our lectures and classes --- and Mentalphysics grew. In an outer sense - ups and downs, disappointments, heartbreaks, discouragements throughout the "depression" ; in the inner sense, the deep irrevocable belief that Mentalphysics had a great work to do and a growingly important part to play in the Spreading of The Light.

(c) Establishment of Home Study Division

We outgrew The Dome - where, then, to Go?

How we came into our beautiful home here - with its auditorium that will hold nearly a thousand, with pipe organ and all that is necessary for carrying on our work from the "church" and aggregation point of view . . . with its great three-storey educational building, and more than fifty offices and classrooms, the Senior Beacon room and the Inner Chamber, the Junior Beacon classroom and the Second Junior classroom. . . how we came here would make a great book, which someday may be written. Then the establishment of our rapidly growing Home Study Division, with students in almost every country of the world, and promises of world-wide recognition by the thinking people of the world . . . all this is the most inspiring story ever told.

Grateful? We have no words. The Divine Wisdom has guided our steps and used our energies in a manner that, ten years ago, would have been considered so fantastic as to be impossible.

It has all been one great glorious dream come true. (Again, let me say that I am talking to you with my heart.) Ten years ago, just one good student. Just going along, not knowing where . . . indeed, having knowledge of how to teach that was very scanty. Today, radiant and full of hope and confidence in the Divine Guidance to lead us on and on and on to the highest heights. Not without design does The Father write the music of our lives ; wise are we if we learn the tempo. By finding the tempo we become FREE. And the great comprehensive truths, written on every page of human history, are based on freedom. In Mentalphysics we become free from the ravages of time and from all negation of our own minds. In this freedom we find the sole security of human happiness. Freedom, too, has

THIS SPACE IS FOR YOUR OWN NOTES

no perfect security but virtue. Virtue's freedom is knowledge, and neither virtue nor freedom has any vigor unless established in the inviolable principles of Life Itself which Mentalphysics teaches.

Savonarola asked : "Do you wish to be free?" His answer is what Mentalphysics teaches us : "Above all things, Love God ; love your neighbor ; love one another ; love the common weal ; then you will have true liberty."

(d) The Home of True Liberty

And, My Beloved, true liberty is ours, here and now. We find it in service to The Whole (My Whole Body). Only this morning I received a letter from a student who sent in two enrollments for two of her friends ; the joy I felt as I read of the enthusiasm of this student was as great as that which came to me because two more had been brought into the fold. If you want to make a person happy, base your real urge upon some primary emotion! This student enjoyed the primary emotion of helping others - this is the tenth student she has brought to Mentalphysics . . . if YOU are not doing the same thing, you are not thrilled with the sense of everlasting Oneness that Mentalphysics has taught you. When you approach a prospective student you can declare to him - "Friend, I am offering you the Priceless Ingredient. A thing that is bought or sold has no value unless it contains that which cannot be bought or sold. I offer you this Priceless Ingredient." Your friend will doubtless ask, "What is the Priceless Ingredient?" You may reply - "My friend, the Priceless Ingredient of every product in the great market place of Life is the honor and integrity of him who offers it. For ten years Mentalphysics has been offered to the seeker. It is all beyond price. It will do for you what it has done for thousands. The question is, are you ready to receive the Priceless Ingredient?"

And the appeal of this Commentary goes to YOU to do NOW all that you can to bring in more students. My Beloved, as your Teacher I ask for your fidelity, for your loyalty. We in Mentalphysics should always be loyal to Mentalphysics, for only by our loyalty can our Mother's influence extend. A certain sober judgment linked with joyful enthusiasm and fearlessness should mark us as integral parts of Mentalphysics. We should be like the needle in the mariner's compass, not like the pendulum which within its limited range is always going from one extreme to the other.

(e) We Must All Do Our Share

During this celebration year I shall refer to this matter from time to time. Increase your own eternal joy by bringing others into the Light. Meantime I declare for you that the Wisdom of Life will make Mentalphysics stand out in your consciousness - the object of all your desires, the end of all your actions, the principle of all your affections, and the governing power of your whole life. To us Truth has come. We KNOW the Truth. "Know the Truth, and the Truth shall make you free." Well, My Beloved, we are free, and we should never rest until the whole human race is free in the knowledge of the Eternal Truth of Life as we are learning day by day to demonstrate it in our lives. Broadly speaking, an individual accepts Truth's verdict of freedom or man-made conceptions of life, which mean a sentence of bondage, and the nature of his acceptance determines the nature of his life and his experience.

How infinitely grateful we should be - and we are grateful, for having found in Mentalphysics THE WAY to freedom. So that you may thoroughly CONVINCE yourself that you are CHOSEN and of the ELECT, sit and think what your life would be WITHOUT Mentalphysics. We should be poor indeed. Having sat a little while and turned over in your mind the power of this great blessing we all in Mentalphysics enjoy, then turn your thought to OTHERS. There are people roundabout you whose hearts are aching just as yours was, just as mine was. WE MUST spread The Light - we MUST save the people.

THIS SPACE IS FOR YOUR OWN NOTES

I trust that this Commentary will bring to you the true feeling of a true Thanksgiving. You know what you feel at Thanksgiving time . . you are lifted up on high with gratitude. That is how we Nobles of The Light should feel all the time. Every day is Thanksgiving Day . . every day we are sure that we are going on further into the Light . . . every day we are sowing and reaping . . . every day we are giving and receiving. Every day we see to it that we contribute no discord to our environment, and if so unfortunate as to come into contact with it, we are no party to it. We ARE lifted up on high . . by every act of our life we set the example of poise, serenity and happy confidence in ultimate good. There are wars and rumors of wars - BUT NOT FOR US There is with us a passion that opposes pessimism with silent thought of divine optimism.

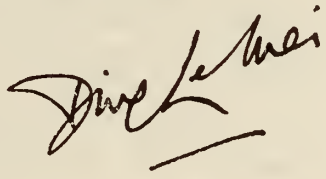
As we look around the world today, we can see that the present age not only suffers from many weaknesses resulting from the ignorance and wrong-doing of past generations, but has involved itself deeper and deeper in materialism, separating itself from the beneficent spiritual plane of its being, which has developed hitherto unknown diseases encroaching more and more upon the VITAL FORCE OF LIFE. . . . but this is not for us in Mentalphysics. We are FREE in LIFE ITSELF.

For us there is no bondage of any kind - we are FREE. We are as free as the tones and colors in Nature.

It is for us to appreciate this freedom from ignorance, for it was not always so. We Nobles of The Light have learned how to be loyal and true to yourself. You cooperate with the forces in which you live. You cooperate with men and with your God. You throw off the shackles of the past . . . you rise in the might of your own mind . . . you extend to your friends your invitation to our Fellowship with warmth of heart and open hand. At this moment, you realize that the Creator is within YOU reading these words through your eyes, . . . the Creator is within YOU pointing out the way . . the Creator is within you EXPRESSING THROUGH YOU . . . may you have the wisdom to recognize this truth, and, like all students who diligently learn how to work out their highest life purposes, realize continually how you may attain your inmost desires and hopes . . . NOMASTE.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

DING LE MEI.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Ninety-Fifth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber
of the Science of Mentalphysics

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COMMENTARY
96

THE WAY OF ATTAINMENT (12)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I hope that you have studied and thought upon your last Commentary in such a manner that you are fired with inspiration to do all that you can for our beloved Mother Mentalphysics in bringing others into the Light. Everyone of us MUST realize that this is the ultimate . . forgetting ourselves for others.

I have for some time been interested in noticing several phases of scientific discoveries which appear to be quite new, but which, viewed from the point of Truth (or viewed occultly), are quite commonplace . . . . but most satisfactory nevertheless. Some years ago a student of mine, who was born in Sweden and was a most spiritual musician, developed such power in his physical body that the vibration set up by his own sound caused his body to throb in beautiful rhythm, and anyone standing near to him could feel the rhythm of the vibration whether he knew anything about the "mysteries" or not. Those who were spiritually tuned to him could easily read his mind and enter into a spiritual oneness with him that was quite remarkable. He told me that he was not able to do this at all times, but he found it necessary for him to go through his breathing exercises, and, in his breathing, he could tell exactly how strongly charged he was at any point in his breathing. Fully charged, he could experiment - the point I wish you to notice that breathing was necessary.

A similar experiment is being carried out in Europe by two young Czecho-Slovakians, who can use their bodies as radio-receiving apparatus. A most important article appeared some time ago in the "Die Koralle" of Berlin on this subject, and it may be that you have read a condensation of the article in the September issue of the "Magazine Digest". These two young Czecho-Slovakians have convinced coldly impersonal unimaginative European scientists of their ability to receive radio waves through the electricity in their bodies which can be heard merely with the aid of a loud-speaker. "No complex mechanism," says the article, "no tools, no instruments, or paraphernalia of any kind - just an ordinary loud-speaker. Moreover, they can choose whatever station in Europe their listeners wish to hear.

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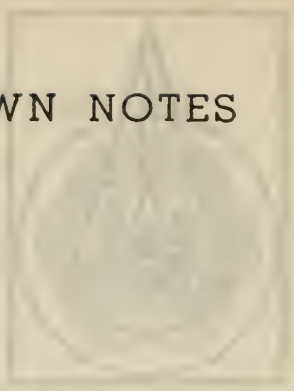

In my opinion this is a most important advance in the human understanding of sound. I quote from the magazine article :

"Being a somewhat sceptical newspaperman myself, I determined to conduct a few investigations on my own. I got in touch with a friend of mine who was acting as foreign correspondent for a German paper in Prague, and asked him about the authenticity of the reports. Fired by his enthusiastic substantiation of everything I had read or heard about these 'miracle-men,' I hopped a plane and flew to Prague from Vienna without a moment's delay. My friend and I arranged a joint interview with two well-known University professors, who had witnessed experiments of the living radio-sets and were convinced that there was no possibility of trickery involved. Dr. Ernest, chemist, chairman of the largest radio organization in Czecho-Slovakia, a courteous man about 55 years of age, and Dr. Jaroslav Schafranek, physicist, slightly younger, received us in the former's laboratory in the Chemistry Institute of the Prague University. We were surrounded by retorts and test-tubes and bottles; I felt immediately that here were two men who hardly gave the impression of people who could be easily duped by a clever swindle.

"'You are asking us for an explanation of something we ourselves can't explain,' were Professor Ernest's first words to us. 'But in any case the newspaper accounts are true.' He went on to tell us of tests he had made on the two young men with the voltmeter and the oscillograph: both of them showed a definite electric potential, one a stronger, one a weaker, so that it was possible, relatively, to speak of a positive and negative potential. Years spent in the practice of muscular contraction, it would seem, have created this electricity in their bodies, by which they are able among other things, to illuminate alternating-current bulbs.

"'What type of men would you say they are?' I asked. 'Frank Sykora is 21 years old, a welder in an iron foundry, and has never been out of Märisch-Ostrau in his life. Rudolph Vltavsky is 35, an engine-fitter in the same foundry. They are both poor, know little about radio in general and haven't tried to make a cent from their unusual talent. They scarcely seem the kind of men who would be able to conceive and carry out a hoax of such gigantic proportions.'

"'What precautionary measures did you take before witnessing the experiments?'
"'We searched their clothing, insulated both as much as was possible in that little room, made sure there was no hidden apparatus, and recorded the whole thing by phonograph. . .

"'And then. . . ?

"'And then,' broke in Professor Schafranek, 'music began to resound from the loud-speaker, we had brought with us ourselves!

"'They asked us what station we should like to hear, and we got them all in order as if we had turned the dial on a radio. As a physicist I say the thing is incredible, incomprehensible! And even if it is a trick, then the trick itself is a miracle!'

"We departed with the feeling that there were more things in heaven and on earth than were dreamt of in our philosophy. . . And as we packed our bags for the trip to Märisch-Ostrau we mused about the time when the whole radio

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industry would become superfluous and a simple muscle-contraction and thought concentration would bring us New York, Paris, Berlin. . . Eight hours later we were in Märisch-Ostrau, an industrial city of 125,000 people, where we were joined by Frank Kittler, the radio-dealer who had 'discovered' Sykora and Vltavsky. Soon we were on our way to watch one of the miraculous experiments with our own eyes.

"The modern three-story dwelling in the cellar of which the two young men conduct their experiments stands on the edge of the town near the great Witowsky iron-works where they are both employed. We entered the room; it is about 14' by 8', has a cement floor and plastered, unpapered walls, and is illuminated by two medium sized electric lights. One of the walls slopes a little, and is covered with strange caballistic symbols. 'That was done during some of their former spiritualistic seances,' said a local man who accompanied us, seeing me eye the queer letters and designs curiously.

"The room was almost bare of furniture, except for a few wooden chairs brought in for the occasion, a small sofa, and a table on which were several loud-speakers, devoid of any apparatus. I examined everything thoroughly to preclude the possibility of any hidden mechanical devices. And then the two 'mediums' appeared.

"Vltavsky, the elder, has a pale, furrowed face that bespeaks illness. Sykora also looks as though he were suffering from some malady, with his incredibly white face and lustreless eyes. Eight hours per day in an iron foundry doesn't seem to be doing either of them any good. A few words of greeting, one or two inconsequential questions and they took their places on two stools, then they began breathing exercises with which they always preface an experiment.

"First they inhaled as deeply as possible, and then exhaled very slowly; (at this period of the exercise their bodies seemed so relaxed that their chests threatened to cave in altogether.) Apparently the longer they breathe in this manner, the higher is their electric potential. At the end of twenty minutes or so light beads of perspiration began to form on their foreheads. Suddenly one of them reached towards his headphone, obviously to see if his body was functioning as a receiving apparatus. But he resumed his breathing exercises. A second attempt with the earphone, and he seemed satisfied with the results.

"Sykora grasped an electric bulb that was lying on the table, took the filament between his thumb and forefinger, extended his other hand to Vltavsky, who placed his index finger on the contact of the bulb. It lit up at the first touch. 'Now they are sufficiently charged with electricity,' said one of the initiated guests behind us. Several fellow-boarders of the two men had entered the cellar-room and were watching casually. They had seen it all a hundred times and were little impressed.

"I must confess that till now I myself was slightly disappointed. But when they began their experiments with radio reception a thrill of anticipation surged through me. The room was absolutely quiet. They held the loud-speaker contact in their left hands, and their right hands were interlocked

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thus establishing a conducting communication. I picked up one of the loud speakers - brought here previously by Professor Ernest - and waited. Suddenly it began to vibrate, and the room was filled with soft but perfectly distinct Czecho-Slovakian conversation. (Later we learned that we had heard part of the children's program from the local station). Sykora and Vltavsky released hands: there was silence again. But as soon as their hands touched, the program continued.

"'What would you like to hear now?' asked Vltavsky, obviously the mouthpiece of this strange pair, after we had listened a few moments longer to the station. As a matter of fact I felt so sorry for them that I would have been willing to take their word for the rest of the experiment. They made a pathetic picture with their perspiration-laden brows, their white faces and sunken eyes. But my companion was made of sterner stuff, 'Let's hear Breslau,' he cried enthusiastically.

"Renewed deep, labored, breathing exercises. Then: I take the loud speaker again, and the air is suddenly filled with beautiful music. The heavier Vltavsky breathes, the clearer the reception. Such depth of tone and felicity of sound! Every voice, every instrument could be clearly distinguished. Outside a thunderstorm was hovering over Märisch-Ostrau, but here was absolutely no hint of static. All of us who heard that music were wholly enthralled by its unusual, I had almost said, unearthly beauty. And somehow it did sound like a message from another world. . .

"Until the two men let go of the loud-speaker contact - and brought us back to reality."

* * * * *

This should be very interesting to us in Mentalphysics, especially to those of us who feel that we know that BREATH is ALL LIFE.

Let US charge ourselves so that we may be able to use the very Breath of us to DO in life that which we feel we desire rightly to do.

My peace I send to you.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

DING LE MEI.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Ninety-Sixth Commentary,
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COMMENTARY

97

THE WAY OF ATTAINMENT (14)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I remember one evening, many years ago, sitting in judgment upon teachers. I felt that the work of the teacher would be far easier and productive of far more visible good if only he would make himself more simple. I felt that simplicity is essential to true understanding, and I am sure that you will agree with me that the greatest truths are the simplest, as the greatest men are of the simplest demeanor. Time went on, and I decided that, if ever I became a teacher, as my Master in Tibet told me I would become, I would teach things so simple that a child would understand them. Today, many years afterwards, with some years' experience behind me as a teacher, I still feel the same - that what the world is seeking is the simple understanding of the Creator and Creation.

Then, as I probably have remarked in your Commentaries before, I again sat thinking one night of two simple truths that would be all-embracive of the whole of Truth. . what were the two shortest simplest sentences that I could employ, as commands to the seeker, to portray the one simple idea of the way in which to proceed to understand the whole of Truth? Into my mind there came "BE HAPPY!" . . . then, as a natural corollary, "GIVE THANKS!" I believe that they are two of the greatest sentences that can be formed in the whole of the English language, no matter how many words you may employ. As advice - which is the cheapest thing to give - they cannot be excelled. As for true wisdom, no four words could possibly embrace greater wisdom. . . "BE HAPPY!" - "GIVE THANKS!"

I am writing this to you on the day after Thanksgiving Day, and I trust that yesterday you spent as happy a day as I was privileged to enjoy. I awoke in the morning, and before rising turned over in my mind some of the many hundreds of things for which I should (and I hope I do) give thanks . . . so many things rushed into my mind . . . I was filled with gratitude, but I noticed that those things for which I felt I should give greatest thanks were those that come to me continually but which pass, for the most part, unnoticed - such as my sight, my power to think, my power to feel, my power to judge and form opinions and decisions, my power to enjoy the light of the sun and moon and stars, my power of liberty and choice in everything that shall engage my thought --- and so on and on and on without cessation. My breath, my sensory powers, my thought, my hope, my belief, my firmness of decision and determination. As I lay there yesterday morning contemplating the mystery of Thanksgiving Day, and my own power to Give Thanks I was literally overwhelmed at the wondrous love of Life that flows ever me-wards . . . . and as a result "I am Happy." It must be the same with you. I defy

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anyone to sit and think for a moment or two on the matter without being lifted up on high in his own consciousness, and become increasingly willing to recognize the merciful essence of Life Itself towards every living thing. How wondrously are we made, but how much more wondrous that people like you and me, just ordinary "mortals", can grow to KNOW the "mysteries" and revel in our own kinship with the Lord of Life forever.

(a) Greatness the Essence of Simplicity

You must not think that, because I talk to you as one would talk to a child, that these SIMPLE things of life hardly justify my comment upon them. THEY ARE THE GREAT THINGS OF LIFE. These are the things that actually supply the lubrication to the wheels of life, for without them the wheels would soon cease to revolve. Our right education is to learn HOW to cause the eternal wheels of life to run so smoothly that we are transmuted into that heaven on earth which we all desire so strongly to know.

But some people - indeed, most of us - experience no difficulty in mentally understanding but do experience great difficulty in constantly FEELING these great principles, so that our consciousness is simply purged intellectually but not spiritually.

What do I mean? Well, as I was writing the above a special messenger brought me a letter from a Los Angeles student, and I think that parts of it will show you what I mean better than I can explain it. This student writes, in part :

> "Please may I take a little more of your time to tell you about the wonderful demonstration of healing that I experienced Wednesday night? I awoke Thanksgiving morning free from pain. I wanted to tell you about it immediately. . . . Of course, I know that to you this message about my sudden relief from the disturbance I have had for two weeks is not a surprise, but to me it is a great event in my life. At last I have the realization of the wondrous truth that you have been trying so hard these past weeks to make me understand that 'the Creator is within me.' I am so very thankful that I am beginning to grasp the meaning of this Divine Principle.
>
> ". . . And all my classes in college and all my degrees are as nothing compared to the joy I feel when I truthfully affirm 'WHATEVER THE CREATOR IS I AM.' Lessons nine and ten were meant just for me at this particular time when I was struggling and groping in the fog."

This student is a public school teacher, with many degrees and great learning, yet it was necessary for the realization of what is the simplest truth to change her whole life! And so it may be with YOU. Many people say, "Oh, yes, I have made some progress, and I am able to do more than I could do some time ago . . but I don't seem to make the progress that I should." How do YOU know what progress you should make? All that we have to do is to rest in the Lord, wait patiently for HIM, watching His Way, feeling the Truth, knowing the Spirit, living the Law.

Here is something from another letter brought in at the same time to me - it does us good to know what others are doing, for the Wisdom of Life can come to us from any direction - sometimes from the very simplest source. (One of the greatest truths ever opened in my own mind was when, draining my water from the bath tub I noticed that the water went down the drain in a sort of circle, from left to right - and try as I may I could not change it : it kept adjusting itself so that it drained down from left to right. That was in New York. Some years after I was watching the same thing in a hotel in Penang, south of the equator, and I noticed that the water would not drain that way, but drained from right to left, and I could not change it. What pulls the needle to the north?) Now, for this second letter - also dealing with Thanksgiving Day :

> ". . . All my life I have had cause to give thanks, and now I have an added blessing, for my hearing is perfect. I know that many of your students have

THIS SPACE IS FOR YOUR OWN NOTES

made more wonderful demonstrations, yet I tell you that nearly all my life I have been deaf. As a child I was very deaf in both ears. At the age of five, my parents, after consulting with our family physician, decided that I must have an operation, and then I would hear. As I see it now, it was somewhat of an instantaneous healing, due no doubt to my child faith, and of course the aid of the operation, for I do not remember being deaf again. . . . After I decided my school days were over I took up social service work, and it was then that I discovered the defective hearing in my left ear - however, with perfect hearing in my other ear, I gave it little thought. . . "

Then this student goes on to tell how she went through the world war as a nurse, with all the horrors of that time : how later she took a post-graduate course at "Mayo Brothers", and "was told that there was really nothing to be done" : and "after talking with you I knew that when I fully made up my mind that two perfect ears would be better than one I could do it - and IT IS DONE."

(b) Make Progress Slowly Through Incessant Practice

The lamentable fact of human life is that the great majority of human beings - almost ALL of us - are hypnotized into negation. What we need to do is to HYPNOTIZE OURSELVES INTO EQUILIBRIUM.

"I don't seem to make the progress that I should!"

WHY? Is it not because you do not understand and live the Law of Equilibrium - the equilibrium of the Creator? Swedenborg calls this the Law of Correspondences, which is a good term - though, so far as I have personally been able to discover, Swedenborg fails in showing us how to LIVE it. No matter what words we may use to define The Law, it is the same . . . in Mentalphysics we declare "Whatever the Creator is, I am:" and I feel that that is the absolute way of expressing to ourselves in consciousness what we truly ARE . . . all that we must do is to practise it, and so come unfailingly, in all that we do and think and say and know, to KNOW THAT I AM GOD.

When I was in Tibet I witnessed the magic of which my Master knew the mysteries, so that he could accomplish "unbelievable" things. Because I, after some years of faithful endeavor to Live the Law, am not able to do what he did, should I say "Oh, I am not making the progress that I should." I am making the progress that I do make, and have none to blame but myself for anything that I fall short in . . I live my life. But, looking back, I know today that I am able to do more, able to feel more, and able to know more than was possible to me twenty years ago. Which is the better part of Wisdom - to assail myself because I cannot do more, or to give thanks for that which I am able to do, knowing that it is MY OWN practice that will make me perfect as the Father which is in Heaven is perfect?

Is it not wiser for me to constantly give thanks that I now see, whereas before I was blind to, the Equilibrium of Life Itself . . . that I KNOW that I am God in human form, rather than to deplore the apparent fact that I cannot do what some others can do?

I daresay that, as I am thinking and writing now, so do YOU sometimes think about your own life. Sitting aside from your own life, so to speak, you can see many things that you wish were not there, and deplore the fact that much is not there that you would were there. Well, continue the practice of the Law, and the result is inevitable. You get up in the morning, and feel that Life is Glorious, and you intend that it shall be a perfect day for you. During the morning your joy is interrupted by something that you find yourself doing that you feel that you should not do, something that you unthinkingly say that you know you should not have said, something that you think which it is obvious to you would have been wiser for you not to have allowed to

THIS SPACE IS FOR YOUR OWN NOTES

come into your consciousness. Should you be disappointed? Not by any means! What you should do is to pull yourself still in your tracks, and declare "How foolish of me to do this, to feel this - to say this . . . I AM GOD IN HUMAN FORM. . . I give thanks that I am able to recognize these things today, whereas a year ago, ten years ago, they would have passed me by, and I would have continued to fill my consciousness with such ideas, but today I see the error of my ways. How thankful I am to the God Within Me that showeth me these things. It shall not happen again."

This way of thinking brings us strength, whereas if we deplore what experience we go through, that way lies weakness. We should be thankful for ALL that comes to us . . . knowing that slow, steady, reverent, patient, grateful PRACTICE of The Law brings us more and more into the Equilibrium of The Law.

(c) We Are God - Nothing Else Matters

I realize that I am not writing in this Commentary what I would write. But what I write matters little if it causes YOU to THINK on these things, knowing that "Whatever the Creator is, I am."

So I leave you in the great mystery of love. As you conclude this Commentary, you rest in your own divine spirit - "I am LIFE - I am Imperishable - I am INDIVISIBLE - I am ETERNAL - I AM GOD . . . I Give Thanks." Sit and rest. There will come into your consciousness the soft strains of the Celestial Music - all the poetry of life that you have ever known - all the joy you have ever felt - all the love you have ever conceived - all the Light that you have ever known . . . ALL THE GOOD (GOD) will overflow your soul, and you will be in the eternal peace. Oh, my Beloved, though you and I have never met in the physical form on this plane, we KNOW that we are linked in the Eternal Spirit of Life. The very words that go on this sheet are part of the magic of Wisdom. The throb of Joy that comes to you as you read is a part of the Love of Life Itself. We ARE linked in the eternal Oneness, and for this we are grateful.

WE ARE DIVINE, and we recognize our divinity as we are humble. If there were nothing of the divine in man, what would he be, after all, but a more intelligent animal? Do you think that a mere man wrote the best work of Shakespeare, or the sublime music of Beethoven? About all either of them did, after learning to get in touch with the Divine Source (the Law of Equilibrium) within them, was to listen to the poetry or music of that Inner Voice and write down what they heard. So is your life - so is my life. . . . truly to live merely requires that we wait on the Lord, ... "Reveal Thyself, O Lord of My Life . . Come! I wait . . . I Listen . . . I am still . . . I watch within me . . . and NOW I WILL TO SEE THE CREATOR WITHIN ME, MAKING ITSELF KNOWN TO MY CONSCIOUSNESS."

Therefore, My Beloved, on and on and on . . . and up and up and ever on and up - seeking the Pilgrim! May this week, as you contemplate this Commentary, be a week of transcending joy and bliss for you. No harm can come nigh unto you. You are bathed in Light. You lack for naught. ALL that is yours flows evenly and uninterruptedly to you, and you know the Great Peace. And from my heart to thy heart the mystic substance ebbs and flows - ALL IS WELL, for HE (than whom there is none other) doeth ALL THINGS WELL. I trust that you will be able to FEEL that which flows from me to thee, and when that Feeling is perfect, thy Heaven shall truly have come unto you.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Ninety-Seventh Commentary,
Inner Chamber.

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COMMENTARY
98

THE WAY OF ATTAINMENT (15)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

It seems to me that the time has come for you to again carefully scrutinize your own growth in knowledge, remembering that there is no creature so beautiful as a man adorned by instruction. Though it does not in the present age seem to be so, the worth of instruction, like that of pure gold, passes current in every place. What you have learned in Mentalphysics has become a part of you, the very pulse of your life now and forever. And knowledge is the fruit of your life. You are exceedingly fortunate if what you have been instructed in has borne fruit in your own life, though I would say of good fortune - whether it be material or spiritual - as of ripe fruit, we must make the most of it while it lasts, . . for knowledge, like fruit, atrophies and is lost, if we do not USE it.

I was talking the other day to a person who was terribly afraid that he would lose his money . . . "I have saved and saved all my life," he said, "and now those human vultures will get it all from me." I endeavored to point out to him that the philosopher never "saves" . . . who can save? What can you save? God alone can save. What you and I have to do is to learn how rightly to USE that which we have . . otherwise, that which Jesus warned about will take place and we shall lose that which we have.

(a) You Are the Custodian of Life

In exhorting you to engage in silent scrutiny of your own life, constantly in grateful humility, I ask you always to remember this : THAT WHATEVER YOU HAVE, whether it be anything material such as money, anything spiritual, or no matter what the substance, YOU ARE THE CONSCIOUS CUSTODIAN OF IT.

And if you do not USE it you will LOSE it. When we REALIZE this, we can but feel that this is a very wise dispensation of Life Itself. Your consciousness is so tuned that you feel that then nothing can go "wrong", for if you use what you have and the effect of the using of it does not produce what you expect, then you must realize that it is simply because you do not know well enough (or do not use the knowledge that you have rightly enough, because you have not practised the use of it accurately enough) the LAW OF GOD, but have leaned too much to your own understanding. TRUTH is an immortal and eternal thing - and TRUTH is in everything, whether it be gross things like money

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and all the things of commerce of which money is the symbol, or whether it be spiritual and subtle substance like harmony and music and love and joy.

WE ARE CUSTODIANS OF ALL THINGS. The Truth of ALL things is eternal, for all things live in the law of themselves, and Truth bestows not a beauty that time will wither, nor a knowledge that can fail, but only things just and lawful, from which it divides all that is unjust. Truth is Light and Wisdom, and instantaneously divides and destroys all that is dark and ignorant. Truth comes to you through your right thinking, through your mind : As in walking, you take care not to tread upon a nail, or turn your ankle, so likewise we must take care not to hurt the ruling faculty of your mind. And if we were to guard against this in every action, we should enter upon action more safely.

I am reminded of the Wisdom of Epictetus in his discourse concerning the comparative condition of the philosopher and of the crowd. "The first difference," he says, "between one of the crowd and a philosopher, is this : the one says, 'I am undone on account of my child, my brother, my father;' but the other, if ever he be obliged to say 'I am undone,' reflects and adds, 'on account of myself.' For the Will cannot be restrained or hurt by anything to which the Will does not extend, but only by itself. If, therefore, we would always incline this way, and whenever we are unsuccessful, would lay the fault on ourselves, and remember that there is no cause of perturbation and inconstancy but wrong principles, I pledge myself to you that we should make some proficiency. But we set out in a very different way from the very beginning. In infancy, for example, if we happen to stumble, our nurse does not chide us, but beats the stone. Why, what harm has the stone done? Was it to move out of its place for the folly of your child? Again, if we do not find something to eat when we come out of the bath, our tutor does not try to moderate our appetite, but beats the cook. Why, did we appoint you tutor of the cook, man? No; but of our child. It is he whom you are to correct and improve. By these means, even when we are grown up, we appear children. For an unmusical person is a child in music ; an illiterate person, a child in learning ; and an untaught one, a child in life."

(b) "I Am Undone On Account of Myself."

That is true wisdom. Whatever comes into our life is our own doing, though I admit that it does not appear to be so, nor is it easy, as we review our own life as we personally feel it should be reviewed, to ADMIT to ourselves that whatever comes into our life WE have brought. But it is true nonetheless.

Of course, one may say that I am affected by the stars . . another will say that the sunspots affect me, and my life is what the COSMOS makes it. Yes, that is true - yet NOT true ; for WE are the masters, and we are to live and learn that WE actually (the whole collective thought of mankind and of the universe) make the universe what it is, just as my individual thought makes my individual life.

Speaking of sunspots, one has to admit that the sunspots influence human behavior, I was interested recently in reading a book by Dr. Harlan True Stetson, astrophysicist of Harvard University and the Massachusetts Institute of Technology, entitled "Sunspots and Their Effects," in which he claims that business fluctuates up and down in more or less regular cycles of about ten years, and that sunspots fluctuate in numbers and in intensity in more or less regular cycles of a little over a decade's duration. He claims that with variations, in sunspots, the sun is known to vary the quantity and quality of its radiations sent to the earth. Variation in radiation, particularly in the ultra-violet, is known to be capable of profound biological and physiological changes (effect on plants and animals, and of course on all organized life forms).

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These variations in ultra-violet light of the sun are known to be accompanied by changes in the earth's atmosphere, with corresponding changes in the ions of life, which are productive of changes in the essential substance on the material plane of all life forms. The author of the book says that certain plants increase their vitamin contents when exposed to ultra-violet light, and we know that vitamins play an important part in the physiological functioning, particularly in regard to the functioning of the ductless glands.

So we see that sunspots affect the moods and emotions, affect the secretions of the ductless glands, and so Dr. Stetson claims (and rightly without question, as affecting the great masses of mankind) that sunspots are responsible for everything affecting the lives of human beings - buying and selling, fluctuations in commodity prices, births, marriages and deaths, and all activities of the whole human family.

One cannot deny the truth of this. But when WE, the Masters of Life, come to be able to FEEL the truth that "Whatever the Creator is, I am," then we are no longer affected by exterior conditions of climate or anything else, but we KNOW ourselves to be GOD -- and that is the highest Truth of Life.

(c) Look To Thyself for All Help or Harm

There is so much that we DO NOT know yet, is there not? But we are on our way, and the more we live in the inner plane, gaining knowledge from the inner which we put to the test, through right activity, in the outer, the more we come to the glorious REALIZATION that "I am God" and am not subject to aught below my own Essentiality.

The condition and characteristic of a deluded person, one who does not understand his true nature, is that he never looks for either help or harm from himself. He looks only at externals. Circumstances, environment, the "outer" all the time. Whereas the condition and characteristic of the philosopher is that he looks to himself --- knowing that he is the Creator in human form --- for all help or harm. The mark of the proficient man is that he censures no one, no condition, no circumstance ; he praises no one, he blames no one, accuses no one. When he is hindered, he blames himself --- it is because he DOES NOT KNOW ENOUGH, and so determines more and more to right practice of The Law. He knows that the "fear of the Lord is the beginning of wisdom," and so goes about with caution, wise as a serpent and harmless as a dove. He restrains his own desire, and watches the course of God's Law. He transfers his aversion to those things which thwart and abhort the proper use of his own will, and keeps watch over himself as he would over an enemy and one in ambush. He is ever the Silent Watcher.

And so, My Beloved, as week by week we study our Commentaries we must realize that Rome was not built in a day . . patience, dear heart, patience . . . . and Hope . . and Prayer without ceasing, . . . and the courage that causes us to dare to be silent.

As we look out today, no matter how little we may know about world affairs, we can see that man is faced with the colossal problem of transforming a chaotic world into an orderly one. Theories advanced as solutions abound, but man himself does not seem to be able to find the root of the trouble. Most of the theories which would introduce reforms strike at the externals of life, and few seem to acknowledge that it is no more possible to consider the true interests of man - economic and material, mental, spiritual - as separate and unrelated as it would be to consider the working of the population on a modern liner, as unrelated, or the economic existence of the farmer as disconnected from that of the manufacturer. But the great majority of mankind are dominated by the attitude of "separation" - human beings separate from each other, man separate from God -- that chaos and disorder in such an attitude of mind must ensue.

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The only alternative to this chaos is a new world order - born of KNOWLEDGE - based on the fundamental reality of the unity of mankind, and the Unity of Life Itself. The attitude of separation is opposed to reality ; the attitude of unity and universality harmonizes with the actual conditions of the world.

It is for us in Mentalphysics to become pioneers in universal thought - submission to God in a scientific manner. The only solution to man's dilemma is in his complete submission to the Wisdom of Life, and to the divine plan, which has never changed and cannot change, for the unification of the human race as revealed through the Higher Ones, the prophets of life, and the mouth-pieces of Divine Law.

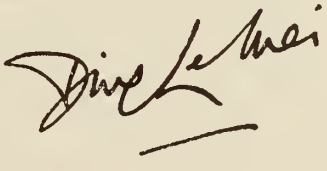
To those who have eyes to see it is so clear why all this trouble in the world today, and throughout man's history. Man is made in the image of God . . yes? When is a horse, a violin, a dog, a tree, preserved in existence? While each fulfills what its nature implies, while it is true to itself. Man has departed from his imageship, and so his life is filled with "troubles", and this must be so, for our lives are governed by the same law that makes water flow downhill and never up.

While I may seem to be using many words in this Commentary, I am sure you will agree with me that the average man rarely thinks of WHAT HE REALLY IS. Can YOU imagine yourself in a state of consciousness of the average man who believes that he is separate from Nature, separate from all other organized life form, separate from the Lord of Life, . . . separate, individualistic and --- consequently LOST ? You CANNOT imagine such a state of mind. Yet there are millions, ignorant of their own true nature, who believe that THAT which WE know ourselves to be is something away from them, far off and separate. Think what a change has been brought about in YOUR life since you KNEW that you are God in Human Form. Then IMAGINE what a change will come when ALL men know that they, too, are God in Human Form? Why, it staggers the imagination.

But that time is not yet. Man holds on to his own darkness. Until he has suffered enough, and hungered and thirsted enough, and banged his head against the brick wall of experience enough, he will not learn the TRUTH of his life.

Therefore, we who know must REALIZE our own immortality . . we ARE immortals among mortals. (Think much over what is in this Commentary. Read it and re-read it, and with every creative thought that comes from the reading of it, Give Thanks and Be Happy.) This shall be a week of profound peace for you . . no harm can come nigh unto you. YOU ARE THAT. Peace be unto you.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Ninety-Eighth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY
99

THE WAY OF ATTAINMENT (16)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I write this Commentary as the end of the year 1937 draws near. At New Year Time we are always apt to look with a good deal of interest into what has passed, as we look forward to the New Year with hope. Hope is an amazing human quality. In the final analysis hope proves man deathless. Hope is the struggle of the soul, breaking loose from what is perishable and attesting her eternity. Hope also has some brave companions - Humility, and Penitence, and Joy, and Beauty, to name only four. While we know that there is no time, and that what is called the New Year is merely a measure of man's mind, it is nevertheless a fitting thing to stand and ponder one's path. What has gone we are familiar with already, . . what is to come we know not, though in our minds we are able to picture, and we do picture, greater things than have already gone. Hope rises triumphant, and beckons us onward, and hope is the magic artist that rises eternally in her eternal work of inspiration.

As <u>each day</u> is New Year's Day, let us reason together.

At this New Year, then, let US look at things as we think we know them. What of the year that has gone? Can you truthfully affirm, and does the affirmation bring you great joy in declaring that the year that has past has been a year of increased knowledge? . . do you feel that you have learned something regarding the laws of your physical existence? . . are you happier and more contented in the knowledge that you know a little more truly that you are God in human form? . . . do you feel that, with your own life, there is much more knowledge of the ordered Law of Life Itself than there used to be, and, with the life of man in general; that you see more clearly the causes of his unrest and general chaotic understanding of Life?

<u>(a) Let Us Answer With A Confident "Yea!"</u>

I hope with all my heart that you can answer with a distinct and conquering "YEA!" Surely, with every one of us Nobles of The Light, it <u>must</u> be so. Surely we can gratefully declare that we are more than we used to be, do more than we used to do, and consequently KNOW more than we used to know . . . and that we DO GIVE THANKS. As we have gone along together during the year that is gone, I doubt not that at times it must have seemed that Life was still somewhat non-understandable, with all its ramifications in the outer spheres, but there must at the same time have been many occasions when your heart lifted you up in song for the growing knowledge slowly vouchsafed to you, and for the increased Wisdom that moves and rules your life.

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If I were you, I would carry out that analysis and scrutiny that you were advised to undertake in your last Commentary. We learn much by looking outward, but how very much more when we look with scrutinizing justice within. Self-scrutiny teaches us justice . . teaches us that there is nothing juster than absolute justice - and as we practise justice to ourselves, so we know a wider justice for every other living thing.

I would suggest that you honestly and reverently place yourself before the bar of your own justice in three different ways -

First - THE PHYSICAL YOU - During the past year, have you improved physically? Is your physical body stronger, more an answering servant to your Higher Self, more lithe and pleasant to look upon, more tireless and painless, and so on? Are you younger than you were a year ago? - you should be!

This question of YOUTH is preeminently important. Why? Because the outer man is a picture of the inner, and your face an expression and revelation of your whole character. In the outer realm of life, the appearance of me is what others see and consequently think of me; and what they think of me is important to me because their thoughts affect me. Have you ever noticed how anxious people are to see someone who has made himself famous, or the author of some extraordinary work - they clamor to get a glimpse of him, or to learn from others what he looks like. How important this is (for example) to the movie star . . . how people flock into Hollywood merely to see the movie stars, and are often quite content to look at the homes in which they live. So with you and me - we must look the part of Mentalphysics in relation to YOUTH, particularly in our faces, and if we succeed in keeping the face looking youthful we succeed altogether, for the face of a man gives us more accurate information than his tongue in this regard. A man's face is a compendium of all that he will ever say, as it is the one record of all his thoughts and actions. And, as pessimistic Schopenhauer once wrote somewhere, the tongue tells the thought of one man only, while the face expresses a thought of nature itself. And if every individual is worth observation as a single thought of nature - or an idea of God - how much more so is Youth (and all its attributes : beauty, strength, love, fire, speed, power and confidence and so on), since Youth is the highest conception of Life Itself. Therefore, BE SURE THAT YOU ARE YOUNGER! . . . And YOUTH, of course, embodies all that makes for the true expression of LIFE, for it is Life's first reflection.

Second - THE MENTAL YOU - During the past year, have you improved mentally -- that is, are you happier? . . are you more vigorous and confident in your thinking? . . is there greater hope, greater joy, greater understanding, keener creative thought, greater reasoning powers, greater ambition, more true operation of intellect and so on? Greater courage, tranquillity, less fear, less anxiety and concern about things that seem to directly affect your life through your own thinking, and those things which seem to affect you because of a wider outlook into life?

Our own true wealth, of course, is in our mind, and as a country is fortunate that requires few imports, so the happiest man is one who has enough in his own inner wealth. Have YOU come to expect little from the external world - less than you used to expect ; if so, you will know what I am writing, and will know already that which it is not necessary for me to write to you regarding this apparent paradox. What a man IS contributes much more to his happiness than what a man HAS, or how he is regarded by others. We hear people say : "He enjoys New York" ; and also "He enjoys himself in New York." Better to enjoy Life and know that you are Life than to enjoy one's self in life. To a man possessed of an ill-conditioned individuality, all pleasure is like wine in a mouth made bitter with gall.

Third - THE SPIRITUAL YOU - Can you declare and know that you have entered into THE GREAT PEACE, which passes all understanding? I will not speak of it. I write you to think of it and give thanks for it.

THIS SPACE IS FOR YOUR OWN NOTES

(b) Let Us Hypnotize Ourselves Into LIFE!

Better far to be than to have, but when we ARE we attract to ourselves all that which we need - and so HAVE all, giving what we have to have even more. And it is a matter of right thinking all the time, is it not? . . . a matter of hypnotizing ourselves into that state of mind that sees things as they truly are.

In reference to my remark concerning the HYPNOTIZING OURSELVES into the right frame of mind, I was interested in reading recently that a murder convict in Chicago willed himself to sleep. He could not be awakened, and the atrocity of hanging him took place while he was yet asleep. Sometimes people "will to die" . . . and of course they die. In the report to which I refer I read : "Such things have been taken to be remarkable exceptions to the normal powers of human beings. But now, from England's foremost university, comes a statement by the Director of the Institute of Experimental Psychology that anybody can hypnotize himself or herself, into doing the exceptional." We in Mentalphysics either know this already, or have to learn it - we are constantly hypnotizing ourselves . . into poverty, then we are poor ; into ill-health, then we are ill; into success, then we succeed. Before anesthesia was known, people hypnotized themselves (though they did not know it perhaps) before they underwent operations. By hypnotizing one's self, we can cure the mind of all its ailments, but not very many know that hypnotism can be self-administered.

"Hypnotism," said Dr. Brown, of Oxford, "is basically, an effort of the will to break the nerve circuits, during which time suggestion can be practiced. By putting himself under self-control, a person may be able to cure many ailments and solve many everyday problems. How can the mind cure its ailments by self-hypnotism? All that has to be done, according to the eminent doctor - and we in Mentalphysics know it to be true is to "concentrate your mind on a point on the far-distant horizon. Relax your muscles completely and start saying to yourself, 'I am getting drowsy'."

And he continues: "The best way to accept one's own hypnotism is to lie on a couch and breathe rhythmically, or to relax in a chair and stare steadily at one's eyes reflected in a mirror. In releasing the muscles, one begins with those of the toes and hands, and works up to the face and back which it is most important to have resting. The patient should lie thus quiet for a period of time ranging up to an hour. It is possible, in the trance-like state thus induced, to 'visualize' personal success.

"While in this state you must make suggestions to yourself of increased powers - such as you will have a good night's rest tonight, or you are going to make a speech tonight without stammering. You can do that without harm to yourself and with great benefit.

"The thing is to tell oneself what to do. There is no sense in specifying what not to do. This seems to indicate that it is easier for the mind to follow, than to keep itself from following, an indicated course. Of course, hypnotism cannot force one to anything he or she does not want to do. By means of hypnosis it is also possible to change a mental attitude about something, such as being afraid of dogs. It is even possible to increase concentration above normal. The 'will' to ignore noises or outside disturbances can often be observed at work in oneself. One way of not being distracted is to concentrate on the work at hand. Thus many a pianist will forget the cold room, or an artist the gathering darkness, in the passion of what he is doing.

"Of such simple materials, apparently, are the principles of hypnotism formed. A removal can be effected of unhealthy restraints, conflicts, doubts and fears. Personal

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failure, for instance, can be made to lose its 'bugaboo' character for one by monotonous self-persuasion. The 'down and outer' can hypnotize himself into believing he is a success; and once this is done success may soon follow."

All this, of course, is not new to us in Mentalphysics, for we have our secret in meditation. It is interesting nonetheless to see that forward-looking medical men are coming to see the power of the mind -- and Man IS Mind, he is what his thought is.

Let us ponder these things in our heart. May you know Peace forevermore.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Ninety-Ninth Commentary,
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COMMENTARY
100

THE WAY OF ATTAINMENT (17)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I wonder whether all of us in The Inner Chamber of Mentalphysics truly realize what a priceless possession has come our way. I do not wish to mould your personality - that you will do through what you learn, and through what you do ; but as for myself I find that the more experience I go through the more inclined am I to the essential simplicities of life. I am compelled more and more to stand in wonder at the BEAUTY that shines through all that comes to me. My life is increasingly filled with sunshine as I realize the very MAGIC of the very mechanism of Life's Laws that bring me the countless blessings that flow to me, unfolding as they come the eternal BEAUTY of Life.

Beauty is the image of the infinite. Time was when I looked for beauty outwardly; now I know beauty to be within, and not elsewhere.

"Where shall you seek beauty, and how shall you find her unless she herself be your way and your guide?" Here lies the secret. During this week I counsel you to seek her within your own heart, and as your mind will rest upon one point of beauty in your own life, so will another be unfolded, and another, and so on without end, for ALL LIFE is embosomed in Beauty. What wisdom lies in the earth, truly the reflection of heaven! What things of beauty come out of the earth! As we contemplate Nature and her work, the voice of Beauty yields to our silence the song of joy in exactly the same way as Beauty comes with the dawn, and as we see her through the windows of the sunset. Roundabout us we see Beauty dancing over the earth in the spring to the shimmer of a thousand colors, leaping upon the hills in her strength. In the summertime, toilers and the wayfarers rest at noon to gaze upon Nature growing beauty, promising the full bounty of the autumn. At the turn of the summer, when the autumn leaves strike the earth, and when the harvest is gathered, soon there will come a drift of snow as the promise of rest and preparation for another journey.

All these things you have seen and thought about, but you and I now know not only HOW Life expresses itself, but WHY. A mechanic knows how, the engineer knows why ; a soldier knows how, the general knows why ; the average workman knows how, the superintendent knows why. The great masses know how Nature unfolds, you and I know why. Savages used to watch other savages make a fire by rubbing two sticks together. Then they would repeat the process and produce the same reaction ; they merely imitated, they did not know why. One day a thinking man analyzed this process, and learned why friction produces fire ; that was the beginning of our modern match . . . You and I

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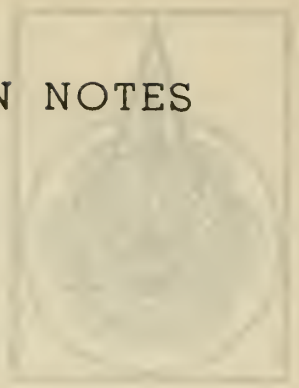

know what our latent capacities and possibilities are, and wise are we if we know why they exist, and that they exist within us, embosomed in the infinite beauty of that Eternal Life which we truly are.

And not until we realize BEAUTY do we fully understand. When you look upon Nature at work and marvel at the beauty of a sunrise or a sunset, a wide outstretching landscape or a sweep of the open sky or sea, you are not looking so much at "Beauty" as at needs of the soul unsatisfied. "Beauty," wrote a great soul, "is not a mouth thirsting nor an empty hand stretched forth, but rather a heart enflamed and a soul enchanted. . It is not the image you would see nor the song you would hear, but rather an image you see though you close your eyes, and a song that you hear though you shut your ears. . . It is not the sap within the furrowed bark, nor a wing attached to a claw, but rather a garden forever in bloom and a flock of angels forever in flight. . . Beauty is life when life unveils her holy face, but you are life and you are the veil."

How beautiful the thought in those words! Yea, beauty is eternity gazing at itself in a mirror, and you and I are eternity, and you and I are the mirror.

(a) The Secret of Resting in the Beauty of Life

Quite obvious is it that we can never come to our Home until we know Beauty - therefore, we should ne'er see aught but Beauty. We know that there is naught but God, and when our eyes are trained, through seeing, rightly to see, then come we to KNOW that there is naught but God, and we are God; there is naught but the All, and we are the All in human form, that there is naught but the One - and in the loving arms of the One we rest eternally in the embrace of Life.

But how are we to remain resting in The Law, you ask? Ah, Candidate, that is indeed the question.

No answer have I more concise and true than in these simple words -- BE HAPPY, GIVE THANKS, HAVE NO TONGUE ; and the first two depend for their unfoldment in the life of you and me upon the latter. How hard a lesson it is to learn to Have No Tongue! Through practice we have to some degree attained knowledge through following this great law. Maybe we have discovered that when we talk we cease to be at peace with our own thoughts . . . that when we can no longer dwell in the solitude of our own heart we live in our lips, finding sound a diversion and a pastime. Few people realize that in much of their talking, their thinking is half murdered. Some people love to talk for fear of being alone, for the silence of aloneness reveals to their eyes their naked selves, and they would escape.

But, as we silently watch human beings, we recognize always the great soul because of his cautious trend in speech. There are those who have the truth within them, but they tell it not in words, yet they know that within them the Spirit dwells in rhythmic silence. And this is how we Nobles of The Light should be . . . when we meet our friend, the spirit in us should move our lips and direct our tongue, for then the voice within our voice speaks to the ear of his ear, and the truth of our heart will remain in his soul, long remembered, as the taste of good wine after the color is forgotten.

We all realize that we should live our life as if in the presence of Life Itself - seeing, hearing, speaking, knowing no evil . . . seeing only God, hearing only God, speaking the Word of God, only knowing God. No phase of life expression will help us along the road of right practice more than right speech. The clever man, when he converses, will think less of what he is saying than of the person with whom he is speaking ; for then he is sure to say nothing that he will afterwards regret ; he is sure not to lay himself open, nor to commit an indiscretion. But his conversation

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will never be particularly interesting. An intellectual man, as Schopenhauer has remarked in his Essays, readily does the opposite, and with him the person with whom he converses is often no more than the mere occasion of a monologue ; and it often happens that the other then makes up for his subordinate role by lying in wait for the man of intellect, and drawing his secrets out of him. Thus, as we grow into the practice of knowing that we are always in the Presence of Life, our influence widens among others, we spread more Light, and by using what we have add to our own power to use it.

"Talk health : the dreary, never-ending tale
Of mortal maladies is worn and stale.
You cannot charm, or interest, or please
By harping on that minor chord, disease.

"Talk happiness! The world is sad enough
Without your woes. No path is wholly rough!
Look for the places that are smooth and clear
And speak of those to rest the weary ear."

(b) Your Hope Is The Echo Of Experience

I feel that sometimes it is easy to write to you in your Commentaries - when the ideas that form in the mind are those of Experience it is with ease that the words come. But when the ideas that form in the mind are brought in by Hope alone, without any actual experience in actual outer activity and expression, I find difficulty in formulating them - though I may never have felt so sure of what they mean. You will notice that as you contemplate your own life, certain aspirations will take shape because of something that has gone before in your life, and because of this experience which seems like a seed from which you know full growth may come - you are fired with pictures of what you believe you can achieve. You may be sitting still . . you seem to float away from ordinary consciousness into something much more refined and sharp . . in your mind you are doing the things that you are "seeing", and then, when you come back again you notice that over the whole body of you there has come a glow of radiance that you fully understand but which you cannot explain. This shows you how you may benefit on the lower planes of existence by recalling on the higher planes the effect of the experience that has gone before.

At other times you may be sitting still, and into the mind there will float pictures and impressions and visions of things of which you have no practical conscious knowledge ; and, though everything will be perfectly clear and sharp, you realize that you have had no actual experience, but you are held spellbound by what you see . . . it may be the making of something new, it may be the deep thrill of something that you have never felt before, and so on. Yet, as you watch it in your mind, you feel that it surely is too good to be true. . . "It cannot be possible!" . . "It is transcending!" . . "Why, I never saw anything so wonderful . . ." ---- and then you "come back" and the picture is gone, though its memory lingers on and gives you hope (for it was Hope that introduced the picture to you). These pictures are the ones that you should watch for.

I am often asked "I saw such and such a thing - what is its meaning?" My Beloved, who knows but you - YOU know, but all that is wrong is that you do not know that you know. What you have seen or felt or in any other way experienced is the echo of experience in the past. You do not fully remember it because you did not undergo the necessary experience and activity to bring it into actuality in your life. But to the exact degree that you did have experience, so you know it now ; and the way for you to develop greater knowledge of it is by watching in your mind its action when it comes.

THIS SPACE IS FOR YOUR OWN NOTES

Well, what is the VERY HIGHEST that you have ever visualized of Life? Ah, you will say, I have visualized indeed the very highest of all! "I can visualize a state of existence on this earth where there shall be no more war - no disease - no pain or human misery and woe - no corruption whatsoever anywhere. I can visualize heaven on earth, when ALL men shall realize that 'I AM GOD'." . . . Well, My Beloved, these are the pictures that you should dwell upon in the cadence of the deep silence of your own spirit. For, who knows but what YOU are to be the Savior of Mankind? - a great leader and teacher . . . a chosen one for the spreading of the Light to millions . . a great regenerator and transmuter . . . a holy Sun (Son) of Righteousness?

Therefore, waste not your hour! As the New Day breaks with every moment, with every breath, for you know that there is a reason for me writing like this to you, as there is a reason for you to read with sincerity and humility the message that comes direct from the heart of the Eternal.

(c) Do Your Part - Leave the Rest

EVERY DAY and every hour of every day DO what you can do. The agency through which you may work is the channel through which much has already flown to thyself -- that channel is Mentalphysics. Oh, how we are blessed! Right now Mentalphysics is spreading her sacred light to the ends of the earth. The day will come, after you and I have been tested for our sincerity of purpose and integrity of heart, and when we have PROVED to the Higher Ones who direct our ways that we are worthy, when Mentalphysics shall be the Living Word of Life to millions of men and women now on this earth. The time will come when we shall count our earnest ones not by hundreds but by hundreds of thousands, and the sweet melody of the Voice of Our Mother shall resound throughout the Cosmos.

In this great world movement of Mentalphysics do you realize what part you are to play? Are you CHOSEN? . . . or are you to find yourself in your next incarnation, if not in this, to be still the shrivelled seed on the border of the field of harvest? . . . Oh, My Beloved Noble of The Light, work while yet ye may. Work for your Mother! She needs more and more of everything. She needs substance and right administrators of the substance, so that it may multiply for good for all time and until time shall be no more. She needs money, for it is symbol of power and capable of infinite good. She needs worthy sons and daughters who will rise up and, ever working for her purification and protection, call her blessed. We shall want more buildings - schools for the children, homes for the fatherless and motherless, workshops for the new workers who will found industry on Love, all kinds of equipment and materials, -- all the forerunners of the building of our New City of Mentalphysics. My Beloved, this is no idle dream - we are on the threshold, and only lack of faith in you as an integral part of the great whole can keep back our progress . . . and not for OUR glory, but for the glory of Our Father Which Is in Heaven.

So, thou Noble of The Light, arise in the majesty and the magic of thine own power for good . . . arise and SHINE, for Thy Light IS COME!

Do something big for Mentalphysics this week, and in doing so be grateful, and above all BE HAPPY! Peace be unto you, for Peace is within thee - and Beauty - and Joy forevermore.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope

Written in Faith at
Los Angeles, California, U.S.A.

End of The Hundredth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY
101

THE WAY OF ATTAINMENT (18)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

As I hand to you your Hundred and First Commentary, I wish to compliment you upon your zeal - you could not offer me any greater gift than your appreciation of what Mentalphysics means in your own life. I know what it means to remain steadfast in anything that we undertake, and the fact that you are now entering upon the "second hundred" is proof to me that you are established, and that I am safe in opening my very soul as week by week I impart to you knowledge that you may use with increasing power in your own life. I feel now that, no matter what I may write, you will be gripped at once by the Spirit as well as, possibly, by the letter of the message. In a few weeks I shall commence another stage in taking you on to more advanced practices in Mentalphysics, and I would that you could make these weekly Commentaries your inmost strength on your Way of Attainment and Mastery, so that you may be ready.

Of course, I would that it were possible for all of us Nobles of the Light - whether we live in Africa, Australia or the United States - to meet physically together in the beauty and solemnity of our sacred Inner Chamber at The Institute ; but that is not possible, unless you make Thursday evening (between seven-thirty and nine-thirty Pacific Standard time) your own holy time alone in your own home. However, my own personal experience has been . . and I have noticed it repeatedly . . that when I truly desire anything with all my heart, the apparent obstacles are removed so that it shall come freely to me. Therefore, though you have never met your Teacher on the physical plane, realize that you may come into the most sacred spiritual contact with him through your Lessons. All is well.

(a) You Are Beyond the Kindergarten.

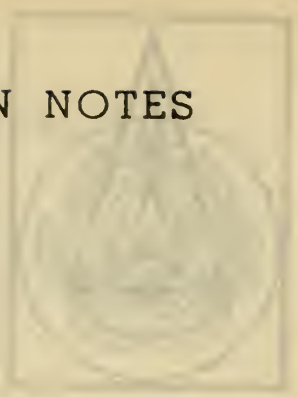
There is no need now for me to talk to you as was necessary at the commencement of **Mentalphysics** :

* You have gone beyond the kindergarten stage.

* You have ceased to look at Life through a glass darkly, but you know now that, as a philosopher, you need no longer be concerned about the materialistic side of life - for ALL substance is yours.

* You have no fear that Life will "let you down", for you ARE the Master.

THIS SPACE IS FOR YOUR OWN NOTES



* YOU HAVE COME INTO THE KNOWLEDGE THAT YOU ARE THE MASTER, and that, though you may still make mistakes because you have not yet practised The Law sufficiently, you **are** definitely on your way to MASTERY.

* You know that you are the Silent Watcher, and the more perfectly you watch the operation of The Law, the more perfectly will you be able to DO the Perfect Will of Life.

Therefore, I am to assume, as I DO assume, that you and I are workers in the "vineyard" - all our life activity and thought are devoted to the WHOLE, not the detached part. Still, we may from time to time be disappointed. What we do, though with the clearest intentions in the world of achieving a definite object and result, may not bring that result. WHY, we may ask of Life? . . . . We have to learn that "God's ways are not always our ways." Some of the greatest men who have ever lived have not seen and known the EFFECT of their work.

I know that this is a hard lesson . . we naturally wish to see and know the good effect of what we do. But why should we worry - if we do all that we can do, then it is not wisdom to look for the result. If we give, we should not tarry to listen to the message of thanks from the giver, for in that way we belittle ourselves. Mozart (to quote only one) had to struggle along, giving music lessons, gambling on personal concert appearances, writing potboilers for mechanical music boxes; his operas made money for everyone concerned in them, but not for the composer himself. Franz Schubert is another : he sometimes wrote as many as six songs in a single day, and sold many of them outright for twenty cents apiece ; he never received adequate return for his work, and seldom had even the satisfaction of knowing that the public appreciated his genius. A story is told of Schubert (about whom Schumann said, "He could have set a placard to music") of how he composed "Hark, Hark, the Lark!" He was walking past an outdoor restaurant in a small village, and saw some friends at a table. Schubert joined them, and picked up a volume of Shakespeare lying on the table. Glancing idly through the pages of Cymbeline, his eye caught the lines "Hark, Hark, the Lark!" Immediately he was enraptured. "Such a lovely melody has come into my head," he cried, - "if I only had some music paper!"

Hastily his friends drew lines across the back of the bill of fare. Schubert jotted down the notes as fast as he could, and another immortal song was born · but he made nothing much out of it, though others did. He took the volume home with him, and that very evening composed another epic, "Who Is Sylvia?" - but again, he sold it for a piffling amount.

THEN, JESUS, YOU REMEMBER, HAD NOWHERE TO LAY HIS HEAD.

Look how much money has been made out of the Buick car - yet the engineer called Buick, who made the first car of that name died in penury. And so it goes. Those who are nearest to the celestial life are least concerned about the material though there should be a balance between the two, as there will be when we know enough.

I write the above to you because my observation has shown me that many people, when they give themselves to eternal things, often find that temporal things seem to go awry. A good supply of resignation is of the first importance in providing for the journey of Life.

The reasonable man is the model of culture, and his religion is one of good sense. Jesus was a reasonable man - he never expected to himself receive aught, considered himself as naught - yet he gave all. So it must be with us. And when we are engaged in giving our life that we may have it, losing it that we may find it, fear can never assail us as the desert apparently widens before us, and the brightness cannot dazzle us as we face the dawn beyond the hill. The sweet peace of the holy wisdom of life

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that ebbs and flows within us bears the outward token of resignation. When the Holy Spirit of Life dwells within our consciousness everything seems bright and beautiful.

* My deeds are the result of my will . . . not Mine, but Thine in me.
* My hope is the seed of inspiration within me . . . Thy inspiration through me.
* My life is service for all, but without ostentation or having any knowledge of it . . . for Thou, the One, livest in me and expressest Thyself through me.
* My words are zealous without affectation, encouraging, consoling, peaceful, joyful, loving . . . . Thy word through my throat.
* My works are service rendered by alms, by industry, by influence - ills remedied, by excusing, justifying, protecting, defending, concealing faults and mistakes ; . . joys provided - for the mind, by a joyous manner ; for the heart, by loving thanks ; for the soul, by the breath of heaven . . . Thou and Thy Life through me.

(b) The Great Secret of All

As you read the above, what do you FEEL? Do the ideas in your mind seem to go OUTWARD as unto "God" . . . or do they seem to settle deeper and deeper in your own inner SELF? Constantly you should analyze to see that "I AM I" - "I AM THAT I AM" - "I AM THAT I AM THAT I FEEL THAT I AM," for the old anthropomorphic conception dies slowly.

"I AM GOD *** I AM GOD *** I AM GOD"

That must be the feeling all the time, and gradually we shall KNOW that we ARE God in human form. First, the Recognition ; second, the Realization ; Third, the Manifestation. And when we begin to notice the true Manifestation - what a glory life then becomes! How surpassingly wonderful! The manifested PERFECTION OF GOD IN ME! Nothing evermore can go wrong. ALL IS WELL, for HE - that which I AM - doeth ALL THINGS WELL.

How simple are these words, but how pregnant with dynamic meaning . . . "I AM GOD."

My Beloved, be very reverent this week as you contemplate and assert in the power of the Spirit of you this Truth of Truths. Be happy - give thanks - praise the wondrous Spirit within for the revelation. Then set to work every moment of every day. No matter what the thought that comes into your mind, ACT IT - bring it into MANIFESTATION. Oh, let this week be a week of majestic living. The thoughts that come (your thoughts are the spirit of The Law in transit) may seem to be entirely beyond your power to bring into manifestation . . BUT TRY! The Spirit that brings them to you will supply the force and energy to enable you to DO what is necessary for them to blossom in your life. If you fail, the spirit will inspire you again - the very power that you use in your attempt will be strengthened for the next endeavor. And none shall blame thee. . . . .

"AND ONLY THE MASTER SHALL PRAISE THEE, AND ONLY THE MASTER SHALL BLAME ;
AND NO ONE SHALL WORK FOR MONEY, AND NO ONE SHALL WORK FOR FAME,
BUT EACH FOR THE JOY OF THE WORKING, AND EACH, IN HIS SEPARATE STAR,
SHALL DRAW THE THING AS HE SEES IT FOR THE GOD OF THINGS AS THEY ARE."

You can gather the meaning of what I am writing through watching Nature at her work. Watch her in the spring - how busy she is, and yet how slow seems the growth of the seeds that you planted when the snows melted. You do not DOUBT that the seeds will manifest themselves - but how slow, how slow! Exactly the same in the garden of your own life. You cannot see what is taking place with the seeds under the earth, and you cannot see the immediate effect of the seeds in your own life, but the growth slowly and surely goes on. Nevertheless, though the growth be slow, you and I are already aware that the inner forces are at work, for the effects and the results are showing their tender shoots. You are aware that, beneath the surface of the present activities

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certain tendencies are developing that in due process of activity will manifest themselves fully in mastership. Your increased efficiency and joy, showing themselves in an improved grasp on the secrets of life, are already proving their power with you. "I AM I" is true. I am, and what I Am is the All - I am the full quality and nature of the ALL . . . What more can I ask? . . what more can I ever hope to live?

So, be not downcast, My Beloved ; but REJOICE EXCEEDINGLY! I AM THAT.

(c) Onward, Then, to Manifestation!

During this week, realize this in your breathing, in your talking, in your walking, in your thinking, in your working, in your hoping, in your planning, in your spending, in your acquiring, but particularly in your giving, in your waking, in your sleeping, in your coming in and your going out, in your activity, in your rest, in your whole life. Keep notes during the week about the things that particularly strike you - as true or as false - and then use them for future reference in adjudging your own advancement into IT, the God that you are. Experiment with yourself.

(d) A Simple Story of Undaunted Faith

A simple story : A young student called upon me the other day. She had no money, and asked how I could help her. Then and there I wrote out for her some affirmations, regarding her supply, about which her knowledge was apparently very weak. Only this morning I received from her a wonderful letter. She had been able to pay bills because friends had put work in her hands. She had bought new materials for dresses badly needed. She had thought she would like a radio, but that seemed impossible. Then a lady for whom she had worked previously phoned and asked her to come and cook the Christmas dinner ; she went, and everybody enjoyed the dinner, and the master of the house asked her to come around again on New Year's day and repeat the performance. She went. The master of the house was in the radio-selling business. She did her work well. When she was leaving, the lady of the house paid her her wages, and the master of the house gave her a beautiful radio. "But," said the student, "I cannot take both the money and the radio the radio is far more than fair payment." An argument ensued, and the student lost the argument. Not only was she paid in money, but a taxi was called, and she was sent home in high glee holding the radio so that the jolting of the taxi would not damage it.

HER FAITH HAD BROUGHT IT ALL TO HER. I could tell you of literally hundreds of similar examples. Well, why should YOU not do the same . . . EXPECT that it is coming . . . BELIEVE that ye have it!!

How exalting the thought! God bless you this week, and may it be a week of advancing mastership. "I AM THAT I AM THAT I FEEL THAT I AM" . . . and my life is my FEELING put into ACTION . . that is manifestation.

Peace be unto you today - and all the days.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Dino Lenei

Written in Faith at
Los Angeles, California, U.S.A.

End of The Hundred and First Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber
of the Science of Mentalphysics

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COMMENTARY
102

THE WAY OF ATTAINMENT (19)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary I remarked that "YOU KNOW THAT YOU ARE THE SILENT WATCHER, AND THE MORE PERFECTLY YOU WATCH THE OPERATION, THE MORE PERFECTLY WILL YOU BE ABLE TO DO THE PERFECT WILL OF LIFE."

Few people attach the right importance to what they are doing - that is, what work they follow. Only yesterday I interviewed a man who was obviously a cultured soul, but he was a plasterer ; not that plastering is dishonorable, but the man had known all through his life that he detested that kind of work, had always wished to get away from it, felt that he would not develop until he did, and yet had not done anything to free himself from it. His knowledge of classical literature was profound, he was a refined natural musician, was developed much more than usual along intellectual lines . . yet had elected all his life to work with his hands. Why was he surprised to feel continually the urge to do something different? It was because he had already gone through all the experience necessary for him to work with his hands - and should now begin to work with his head. People like ourselves in Mentalphysics should remember that you can always buy hands, but not so easily heads. True it is that, in the "depression" or "recession" (according to the ideas people hold), human brains can be bought for ten cents on the dollar ; but this is because the possessors of the brains have not learned how to USE their heads and the creative ability which it has taken so long to develop.

On the other hand, there are many other people who believe that they can work with their heads, but who are equally unsuccessful . . . why? Because they have not yet gone through the experience necessary to their development of working with their hands.

The Elected Ones are the spiritual directors of the universe, and are not called upon to do much manual labor - though, of course, we must all do enough to keep the instrument in perfect balance. All of us must aim at achieving the highest cultural work that we are capable of. We must work on the earth that we may keep pace with the earth and the soul of the earth, and also that we may keep step in the process of Life towards the Infinite. The man without work is certainly to be pitied, but not more so than the man engaged in the wrong work, for all work is empty save when the urge behind the work comes from the heart of love. When our work is impelled by love, there is peace - the peace of healing, the peace of motion, the peace of non-motion, the peace of health and joy and beauty . . . the Peace that Passeth Understanding. WATCH, THEN, THAT YOU ARE RIGHTFULLY ENGAGED IN THE WORK THAT YOU FOLLOW.

(a) Gain the Right Experience!

All terrestrial fortunes or misfortunes with which we may possibly meet do not concern our real divine self but merely the personality with which we are connected during our

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earthly life. The personality exists for the purpose of our gaining experience, and we are unwise if we do not gain the highest experience possible to us.

As an illustration of how people refuse to go forward, I may mention the following : At the Healing Circle conducted by Ding Le Mei at The Institute every Wednesday afternoon, a lady spoke with me, declaring that she "wondered why God did not heal her of poor eyesight and also poor hearing." She was not a student in Mentalphysics, but had followed a highly popular and spectacular form of teaching that has recently swept the whole of the United States. "I have 'said my affirmations' faithfully," she told me, " . . I have prayed morning and night, I have tithed myself, I have done all that I could . . . WHY, then, DOES NOT GOD HEAL ME?"

As I in my consulting room sat opposite to her, I wished to turn from her because her breath was literally vile. She had suffered from constipation all her life. She was a great flesh eater, very fat and prematurely 'old', told me that she did not like salads, that fruit "upset" her. . . and so on, and so on. "I have come to you to 'HEAL' me," she said, and when I began to talk to her about the simplest laws of LIFE, she replied, "Yes, I know, but when God heals, He heals 'like that'," and she snapped her fingers to show how quickly it can be done. "Jesus healed - why can't you heal me?"

I learned from the lady that she had no work to do, that she was "comfortably fixed", and literally did nothing of a constructive nature in life. "All I do," she told me, "Is study. I read my bible all day, and I pray a great deal," . . and, wringing her hands in great feeling of despair, she repeated again and again, "Oh, why does not God HEAL me?"

Now, what would YOU have told that lady? In spite of all her reading of the bible and so on, she KNOWS NOTHING ABOUT LIFE. She is simply in delusion. How true it is that no one truly knows himself until he finds his true self in the unity of the All. To this lady God is a great and clever Person . . . but why waste words in talking about how much she does not know ? What is important to you and me is to recognize how much we do know, and then to see how much we live of what we know. Clever is he who knows others, but if he knows himself he is illumined. But there are millions of people who know no more about themselves than the lady I refer to - and what darkness there must be all the time!! Whence can come the inspiration to live at all? What is the incentive, other than the incentive that an animal possesses, that is far less evolved than a human should be! They know not what they are made of, and if they were to read the following passage from Paracelsus, it would have no meaning for them, and leave them stunned. Referring to the "stuff out of which man is made", Paracelsus wrote :

** "It is an extract of all beings that exist in heaven and upon the earth, of the souls of all things, all creatures, spirits, elements, and minds, attracted to a focus by means of the spiritual center residing within each form.

** "It is the quintessence of all things and man is a macrocosm, differing from the Macrocosm only insofar as in his constitution the things which constitute the Macrocosm appear in another image, order or shape. In him are all the potentialities and qualities that exist in the universe, active or latent.

** "His terrestrial substance is from the earth, his mental faculties from the universal mind, his worldly wisdom is from the light of nature ; but the divine wisdom within him belongs to God."

(b) Human Race Only Learning Its Alphabet

But the lady of whom I speak above is hardly different from hundreds of thousands of others. The race is only in its alphabetical exercises of living - children in the early stages of kindergarten work, molding plaster clay into crude and grotesque forms.

As Henry Wood once remarked with rare sagacity : "We unwittingly shape images of fear, weakness, disorder, decreptitude and old age, and then fall down before the works of our own hands and do them homage, and grow into their likenesses."

THIS SPACE IS FOR YOUR OWN NOTES

The inner vision of the great majority of human beings is so blurred, they see these images so dimly that they think God formed them for them. But the world is a grand old studio, and Nature is a grand old teacher, and we are all artists, chiselling forms and breathing into them quickening, palpitating life. IN PROPORTION AS WE SHAPE THEM TO THE LAWS OF LIFE THAT WE KNOW, ALWAYS REACHING THE HIGHEST POINT OF OUR OWN UNDERSTANDING, SO DO WE PROGRESS IN KNOWLEDGE, INCREASINGLY FINDING GREATER AND GREATER POWER AS WE ASCEND THROUGH THE INSPIRATION OF OUR OWN WORKS.

"Then welcome each rebuff
That turns earth's smoothness rough,
Each sting that bids nor sit, nor stand, but go!
Be our joys three parts pain!
Strive, and hold cheap the strain:
Learn, nor account the pang ; dare, never grudge the throe!"

(c) Imagination the Key to Action

If I were you, I would go immediately to your file and read again the Seventeenth Lesson in the Initiate Group Course. Then go on the Eighteenth Lesson, and compare your own impressions as you read those Lessons today with what you felt at the time that you read them before. I feel that I MUST quote this passage for you :

"ANYTHING that you can imagine is possible, and the Creative Spirit KNOWS that it is possible. It also knows HOW TO DO. When you meditate, the Creative Spirit, which YOU ARE, will tell you how to do.

"In Meditation it is as if your Mind will tell and inform the Mind : When you learn properly to 'tune in' to the Voice That Speaks in The Silence you certainly will hear the Creative Spirit urging you on and showing you what and how to do.

"The seed in the moist soil makes no noise that we can hear. The rolling of the orbs of heaven makes no noises that we can hear. But possibly, if our ears were attuned, we might hear the grass grow . . . Just as there are rays of light above and below our range of vision, so there may be -- in fact, there are -- tones of vibration that we cannot hear. But in the Silence we can 'tune in' -- actually tune in."

Feel that you inspired when you realize that you have the power to FEEL AFTER HIM IF HAPLY YE MAY FIND HIM. Then . . . .

"Think this ALL THE TIME. SING IT TO EVERY TUNE YOU KNOW. REVEL IN THE TRUTH OF IT . . . . AND ALWAYS REJOICE INWARDLY. There may be a gloomy side to life, but not for YOU. All the gloom is for the Other Fellow, who has not been so fortunate as you to get out of the gloom into the Sunshine of the Divine Light, as you are in Mentalphysics."

My personal feeling is that all your old Lessons contain such transcendental truths that it is well to go back over them fairly consistently. For example, two nights ago, as I was teaching one of the younger classes here at The Institute, I read to the students (and made comments as I went along) our Second Lesson, and I felt that IT IS TRUE - IT IS TRUE -- IT IS TRUE!!! Never in my life did I feel such inspiration over any of our Lessons as I did that night, and the result was that we all enjoyed a great uplifting evening, for when once we R * E * A * L * I * Z * E that our Imagination is the divine faculty within us of the Eternal Creator, and that our Reason is the faculty that we may train to direct the Imagination to do whatever we will to do, then we are already over the top of all our troubles, and stand ready to tackle in life's action precisely to the full that which we are evolutionarily developed to undertake and achieve.

THIS SPACE IS FOR YOUR OWN NOTES

(d) Do Not Falter - You Are God!

Therefore, My Beloved, do not falter! Remember every moment of the day that YOU ARE GOD, and that every moment of your life you are carrying out the WILL of GOD and doing the WORK OF GOD. What else matters?

The time is to come when Mentalphysics will cover the earth, and you and I are to have an active part in spreading The Light. Nothing else will satisfy us. And let there be no doubt in our minds as to this. WE ARE THE CHOSEN! "Thou, Oh Lord, who art the Life and the Support of the Universe, who art dearer than Life, PURIFY THOU MY HEAD." Well may we pray this prayer, that our head may be so pure in its action that we err not and that we fail not. Our faculty to imagine brought us first the divine idea that we ARE GOD. Now, our REASON confirms it - so that we KNOW IT TO BE TRUE. As it is true, and as we cannot conceive of any "sin" other than NOT LIVING WHAT WE KNOW TO BE TRUTH, let us go ahead in absolute faith.

Let us every moment that we can imagine what the whole human race will be like when it knows even the little that we at present know . . when the common will of man will be to do the will of GOD . . . when there shall be no more negation of thought, but the whole world shall resound with the celestial song of the Eternal TRUTH OF LIFE ITSELF.

We cannot even IMAGINE what a world this will be! . . . Coming? Of course, it is coming, for you and I are working for it -- we are the builders, and already we are privileged to see the result of our good work well done.

The joy that you and I feel in doing the work of LIFE ITSELF shall be known by millions of others, who will be brought into that eternal bliss which we now know by the net result of your life and my life. Great learning is not essentially in books : he who hath learned to harmonize with his Creator hath great learning, and as he transforms his learning into action, so doth he lead his erring brother. The behavior of one good man, even in a sparse country, is of more avail than a thousand preachers. Men who lead their fellows into knowledge of the harmony of living, dwelling together in peace and love, doing good toward one another and to every living thing, manifest greater wisdom than all the books of the world.

To magnify one's soul so as to realize in our daily conduct the brotherhood of man is a great virtue.

* LET THIS WEEK, THEN, BE AGAIN A WEEK OF SERVICE TO THE UNIVERSAL ONE
* THAT WE KNOW TO BE IN EVERY LIVING THING, BE HAPPY . . GIVE THANKS
* . . . HELP EVERYONE WHOM YOU MEET . . . LET YOUR HEART SING IN YOUR
* SERVICE . . . AND AS A HUMBLE CHORISTER IN THE ETERNAL CHOIR OF ELDER
* BROTHERS, KNOW THAT ALL IS WELL FOR EVERMORE.

Peace be unto you every moment of the coming week - and joy - and strength - and power - and youth - and charity - and forbearance - and mercy - and love . . . and ALL THAT THERE IS. Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Hundred and Second Commentary.
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber
of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY
103

THE WAY OF ATTAINMENT (20)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I daresay that most of us have come to feel that there IS a bond between us. "Greetings in The Bond" is no idle phrase, for right up through the lanes of our own lives we have been unconsciously planning that this Bond shall hold us together. No matter where you go, no matter what you do, no matter what "changes" may come, this Bond shall remain. The knowledge that has come to you through Mentalphysics had to come. Many students, out of the gratitude of their hearts, write to me, their Teacher, thanking me for what has come to them . . . but "I" have had little to do with it. We understand, do we not, that this inner knowledge has been held safe in the keeping of the Elected Ones down through the ages - it can never perish from the earth, for, to the degree of our understanding, we are ALL the Elected Ones. Yet millions of human beings come in and go out, come in and go out, living lives of usefulness or otherwise, and seem to make little progress as they live upon the earth. This, too, is precisely as it must be, as for them it should be. Their time will come, and then -- just as in the case of you and me -- they will suddenly awaken. Possibly some trivial affair will take place in their lives -- they will meet someone, will listen to something, will suddenly see something or realize something as being true ; this will make them feel something that they have never felt before, and, as if by some magic of their own minds, they will have started on their way. Then, and not till then, everything that they do and say and (more important) think, will be colored by an INNER reasoning ; new friends will come to them, new opportunities will have arrived and they will notice them, new implements will fall into their hands, new vistas of unimaginable beauty will spread out before their minds . . . the "pupil will be ready", the "Master will appear".

In the foregoing I probably have not used the exact words that I would like to use to perfectly portray what is in my mind . . . but your spirit will understand.

(a) An Illustration from My Own Life.

An illustration : Throughout my boyhood I was ever a seeker ; how hard I tried to find? What was I trying to find? Consciously I did not know, but the soul knew. I was trying to find God, I told myself . . and my search was constant. I noticed, however, that when I tried hardest to find, I realized least, whereas when into the heart of Life Itself I gazed in reverence I seemed to FEEL more and thus

THIS SPACE IS FOR YOUR OWN NOTES

to realize more. This went on for some years, and then, apparently out of a clear sky, I met a man. Instinctively I felt that he knew what I was seeking, and he knew that he could teach me, but there was some insignificant thing about what appeared to be his personality that I didn't like --- so I passed him by, myself the loser. Time passed. Again, feeling ever the urge to find this God that I felt existed; I sought again, and met another man. By this time I was so filled with ideas that had come from incessant reading and discussion, that I failed to recognize the guide that he was -- so on again. Then, after having been "punished" by Life in the form of illness and much weariness of the flesh, mind and spirit, I met another man -- My Master in Tibet. . . . Need I regret all the suffering and pain and disappointment and anguish of spirit that I obviously brought upon myself? NO . . . I (yea, it was I) had written all this into my own life, and it had to come to me. At the present time, having tasted and tested the sweets of the spiritual life, I naturally "regret" that I "wasted" so much "time", . . . but nothing could change it -- it was necessary for me to go through what I myself had created on my path.

And it is the same with you. It was impossible that we could have MISSED each other. It "was written".

Then, you might ask, if everything is preordained, why should I worry about my own self-development? For this reason: most people are like I was - they do not recognize easily what they are looking at, they do not easily hear what they are listening to -- and so pass by the opportunities that come to them to make progress along The Path, they fail to find their God. A lady once in New York came to me to cure herself of deafness - she was a very "pious" person, had been in Christian Science for many years . . at the end of four months, she came to me, radiantly happy because she had regained her hearing, "but," she said, "Ding Le Mei, I have done more than that -- I have FOUND MY GOD."

One snowy Sunday afternoon, in New York, a boy was walking down 57th Street, and, hands in his trousers pockets, turned over a circular lying in the snow at his feet. The circular announced a lecture that I was to give that afternoon. He thought he would go in to get out of the cold. He came, and that very afternoon, he recognized something, came into Mentalphysics, and in a short time his life changed completely. He found his right work, he found his soul mate, life unfolded much good for him, he FOUND HIS GOD, and is now teaching in Australia.

(b) To Find God Our Sole Hope.

Finding our God - that is the only thing we face in life. No subject, of course, has engaged human thought more than the eternal question of WHO or WHAT is God, but men fail to see that that which hinders the grasping of the Infinite God is the illusive conception of the limited Self. That which aids in the realization of the True Self is the comprehension that God is not only outside of us, but also within us, and that although the world may be full of the Principle of Life or Divinity, we cannot live or attain divine attributes unless that Principle BECOMES ACTIVE AND MANIFESTED IN OURSELVES.

*** WITHOUT THIS, THE ATTAINMENT OF OUR DIVINE NATURE OR IMMORTALITY, TO SAY NAUGHT OF THE FACT THAT WE ARE GOD IN HUMAN FORM, REMAINS MERELY A THEORY.

So many fail -- I failed myself for a long time, and I daresay that the same is true of you . . .

*** BECAUSE WE FAIL TO REALIZE THAT IT IS NOT THE MORAL INTELLECT, BUT THE DIVINITY IN MAN - THAT WHICH MAN REALLY IS - WHICH IS IN POSSESSION OF DIVINE KNOWLEDGE.

THIS SPACE IS FOR YOUR OWN NOTES

*** BECAUSE WE FAIL TO REALIZE THAT KNOWLEDGE OF GOD DOES NOT EXIST IN GATHERING INFORMATION OR OPINIONS, OR IN PREACHING FINE SERMONS, OR IN LISTENING TO DISCUSSIONS FROM BOOKS OR SUPPOSED AUTHORITIES, BUT ITS FOUNDATION IS THE RECOGNITION BY YOU AND ME OF THE DIVINE WILL IN MAN.

*** BECAUSE WE FAIL TO REALIZE THAT GOD IS THE WHOLE ETERNAL UNITY, YOU AND I A PART OF IT, THE IMMEASURABLE ONE GOOD, HAVING NOTHING BEFORE IT OR AFTER IT THAT COULD POSSIBLY ADD TO IT OR ENDOW IT WITH SOMETHING, OR MOVE IT OR CHANGE IT.

*** BECAUSE WE FAIL TO REALIZE THAT GOD IS THE ORIGIN OF ALL THINGS, THAT THE SUM TOTALITY OF THE COSMOS IS THE WORK OF GOD, THE BOOK OF LIFE FOR YOU AND ME TO READ, and BECAUSE WE FAIL TO SEE THAT THE ONLY WAY TO FIND GOD IS TO RIGHTLY READ THE BOOK OF LIFE (Not necessarily the bible or any other sacred book of words), BUT THE BOOK OF LIFE, which is within each one of us, and WHICH WE ARE. WE ARE THE BOOK, THE WRITER and the READER.

The Mathematician is not the Metaphysician. Said Madame Blavatsky : "The Mathematician without spirituality, however great he may be, will not reach metaphysics : but the Metaphysician will master the highest conceptions of mathematics, and will apply them, without learning the latter." As mathematicians we learn to understand the works of God, and in the process of learning we raise our consciousness to spiritual consciousness, and come to recognize that all that we can read from the Book of Life (God's works -- the whole of Nature, with all the powers therein, its depth, length, heighth and breadth, and all that is above the heavens, is the body of God, and that all living things are the arteries in the natural body of God) is the promise that God had eternally made with man to come into a knowledge of his own true divine nature as part of the works of God.

To understand God we must understand ourselves. To Understand God we must understand his works - part of which we are. Your every body - even your physical body - is the Book of Life for you, from which alone you can read the secrets of God, and gradually you find that the works of God, the body of God, is not God any more than the body of man is man. . . BUT THAT ALL NATURE ECHOES AND IMAGES ETERNAL NATURE AND DECLARES THE ETERNAL COMMAND OF GOD TO MAN . . . FROM GOD IN MAN TO MAN IN GOD FOR EVERMORE.

(c) There Is Naught But God.

I wonder whether you will think, as you read what I am writing to you, that all this is elementary. I do not think you will; but there are some, who, not having come into any degree of enlightenment, would say, "Oh, yes, I know that!" . . whereas they do NOT know. For you will remember that you must never say that you KNOW anything unless you can demonstrate it. You demonstrate anything whatever by THE LIGHT THAT IS WITHIN YOU.

LIGHT . . . LIGHT . . . LIGHT - what a marvelous word! If you will take a modern dictionary and compare it with an ancient one, you will find that the lexicographer has added many meanings to this word in recent times. As a matter of fact, just as there is naught but God, there is NAUGHT BUT LIGHT -- for it is in LIGHT that GOD REVEALS HIMSELF TO OUR UNDERSTANDING, and it is by means of LIGHT that we understand all that we do understand -- as our light, so our understanding.

The time is coming when science will discover that all living things are made of LIGHT. You would not think that in your BLOOD there was light, would you? Yet such is true -- your BLOOD is made of LIGHT. The other day I was in a well-appointed library, and saw what to me was a very remarkable experiment. A well-versed student of mine, himself a chemist, asked me to take a little blood from his ear on my finger. I succeeded in taking the merest smear of blood, not more than a tenth of a single

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drop. I then rubbed my finger over the mouth of a test tube which contained a liquid used for determining whether what appears to be human blood is really blood. Then the room was made quite dark. I shook the liquid in the test tube, and immediately it became alight as if it were a tiny well-lighted electric bulb. The more I shook the liquid, containing the smear of blood, the brighter it shone. Had that test tube contained all the blood that is in my body in the right amount of liquid, it would have produced a LIGHT that would have been sufficient to light a city, had the test tube been lifted high enough. It was a remarkable proof of the light that is in the blood.

And so, when we look at life as philosophers, and as spiritual scientists, we see that the whole of the works of God are made of Light, for they are the emanations that come from the Inmost Center of Light. The whole of the works of God are made of Light, created in Light, and exist by Light. . . and the Light Shines of Itself. Let us give thanks that we dwell in the Light -- the Light of the Divine Wisdom that is in every Living Thing.

**** AND THAT IS THE ETERNAL SPIRIT OF LIFE ITSELF. ****

The highest form of Light that you know in the outer universe is the SUN - look up to the Sun!

(d) The Light of God's Life is Love.

In your last Commentary, at the bottom of the first page, I wrote :

*** "When our work is impelled by love, there is peace - the peace of healing, the peace of motion, the peace of non-motion, the peace of health and joy and beauty . . the Peace That Passeth Understanding. . . WATCH, THEN, that you ARE RIGHTFULLY ENGAGED IN THE WORK THAT YOU FOLLOW".

LIGHT is that which impels your work by Love, for LIGHT IS LOVE. Love is the emblem of eternity, confounding all notion of time, effacing all memory of a beginning and all fear of an end. Love is that elixir that gushes for all, and where we recognize it and use it there is full life - no old age or the feeling of age, but only of youth and beauty, and BEAUTY IS TRUTH, than which there is naught higher.

As you finish this Commentary, I ask you to imagine.

*** Imagine that as this Commentary goes out to others, who dwell in its thought at the same time with you, that you are a part of a great Mystic Circle of Light. . . you imagine that around you is a Great Wall of Golden Light - nothing can penetrate it or pierce it, and it holds you protectingly in its own essence.

*** Imagine that the Higher Ones in the Great Universal Hierarchy of Wisdom are holding above you a gossamer substance of peace, and that under the panoply thus formed you rest in the Great Peace.

*** Imagine that within the circle, ever moving within its own substance, is Wisdom, the Divine Wisdom that is in every living thing.

*** And finally, you Imagine that beneath the circle there is Love.

(This is one of the opening statements that we make when our classes meet here at the Institute. You may, therefore, imagine that you are here with us - that we are breaking the sacred Bread of Wisdom together in the Light.)

During the coming week no harm can come nigh unto thee -- all is well. You are in the Light, and you are that can be expressed in and through the Light, for where Light is darkness cannot ever come. You are bathed in the Light.

Peace be unto you now at this instant, and for all time, and until time shall be no more.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope

Written in Faith at
Los Angeles, California, U.S.A.
End of The One Hundred and Third Commentary.
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COMMENTARY
104

THE WAY OF ATTAINMENT (21)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In this Commentary I would that we could both together sit down and find sweet REASON entertaining us. So many people who feel the urge of the soul to break through into Light, imagine that the whole wide Cosmos is waiting for them to pander to their shilly-shally desires, imagine that (since they have for once in their lives felt the desire to get out of the darkness of their own ignorance) every phase of Cosmic Force will minister to their own needs and forget all that has gone before. This Commentary, therefore, shall be a plea for correct reasoning. Shakespeare, you may remember, referred to the common curse of mankind as ignorance and folly, and you will yourself have noticed that ignorance never settles a question. Also you will have noticed (since you have come to see that the fear of The Lord is the beginning of WISDOM) those who know least often assume the most, and in their own lives prove ignorance to be the only spiritual poison. Confucius said that "Ignorance is the night of the mind, but a night without moon or star" . . though when you read this in the Chinese it is far, far more pungently expressed.

However, ignorance stalks abroad very often garbed as wisdom. Among my mail I often receive letters of aching complaint from people who declare that Mentalphysics should be GIVEN to them . . that they should not be called upon to GIVE anything for it . . that Jesus did this and Jesus did that (which he did NOT do, and COULD NOT do), . . showing that they hold a grudge against Life for not bringing to them the harvest of Wisdom, whereas they are so misguided that, sowing the seed of ignorance, they expect to reap the harvest of knowledge, power and wisdom.

> "In the last ten years," writes a lady to me under date of February 21, 1938, "I have made it a rule that I will never accept a teaching that I must pay (give anything) for. If it is a true law of God it must also have power over finance. If it is a true law of God it must reach the people who need it most, the poor ; the rich already have everything that money can buy, and if your teachings really have power then by merely buying a bit of knowledge they can have beauty of form and face, power to express or master others, keep young and even laugh at death. . . The poor, on the other hand, must still keep their noses . . . . ."

There was a great deal more of this kind of false reasoning in the letter, which was typical of many received at The Institute from people who, while nevertheless

THIS SPACE IS FOR YOUR OWN NOTES

unconsciously feeling the urge of the Creative Spirit within them to better their own lives, feel quite righteously to themselves that the world is constantly fighting them. "If it is a true law of God, it must reach the people who need it most, the poor!!!" . . DID 'GOD' EVER DECLARE THAT THERE WERE ANY 'POOR'? WHY are they poor? It is a hard thing to say, but we Nobles of The Light will understand that, through the LAW of Cause and EFFECT, they have made themselves poor. (The writer of the very letter from which I quote made herself just so much "poorer" by writing what she wrote - though she wrote what she wrote because of her own ignorance of THE LAW.

(a) None of Us Can Escape THE LAW.

No, we CANNOT - simply CANNOT ESCAPE THE LAW, hard though it may appear to be to one who has not yet sufficiently awakened to recognize that we are ourselves the CREATOR of our own Universe. The Law is inexorable, unavoidable, pitiless, impersonal, compelling . . and inescapable.

All that we can ever learn, all that there is to be learned, is now written in The Book of Life, and we must read no other book which we vainly think that we may our selves be able to write. God is not mocked - "thou shalt have no other gods before me". The LAW of Life is that we must make the effort, that we must sow the seed, that we must pay the price, that we must make the offering, that we must give the equivalent BEFORE the LAW begins to do its work according to our highest thought. Thought . . merely sitting down thinking of a thing, does not get the thing done. We must make the effort. Taking to ourselves the substance necessary, we find within the substance all the energy necessary . . THE NEXT THING IS RIGHTLY TO USE THE ENERGY WITHIN THE SUBSTANCE TO ATTAIN TO THE END DESIRED.

No matter how beautiful a field a farmer may have, HE MUST DO HIS SHARE. The land may be known to be the finest plot of land in the whole country, but of itself it will produce nothing -- or, worse still, nothing but weeds - if the farmer refuses to look after it. He may reason that the "Law of God" (as the writer refers to in her letter) will produce the harvest . . so it will, for nothing else can. BUT the farmer has to come along, whether he desires to or not, and sow the seed, giving of his first fruits to the Law . . and there is no other way.

Should you, My Beloved, find that you entertain lingering thoughts that LIFE IS HARD ON YOU, think this matter out. It is the commonest cause for poverty - for illness - for unhappiness - for discontent - for darkness - for ignorance in the human mind. WE MUST . . WE MUST . . WE M - U - S - T do our part, and we must do it BEFORE WE EXPECT THE CULMINATION OR THE MANIFESTATION. The Law of Life, the Creator, God, is simply not interested -- cannot be interested -- UNTIL and UNLESS we do our part FIRST. The wise farmer protects his land, protects his implements, protects his energy, but above all he PROTECTS HIS SEED, for he has enough good sense which comes to him through the spirit of The Law Itself to know that his crop cannot be better than his seed. HAVE YOU LEARNED THIS, MY BELOVED?

Once we grasp this transcending idea, we lead ourselves rapidly into the fulfilment of the Truth of Life. Watch a baby at its birth . . it MUST make the effort to BREATHE, for unless it breathes it goes back again, but once it breathes it sets in motion The Eternal Law which will not stop until, as an old man, the last gasp is taken and the Breath of Life stops expressing itself in that particular organism.

How entirely ignorant is he who sits down by the side of a garden expecting flowers to appear without the seed having been sown! . . "Oh, but I INTENDED to sow the seed . . I assure you that I was entirely in earnest, I really did MEAN TO SOW the seed" . . yes, what is the answer that comes to you from Life Itself? You did not obey the Law - no seed, no flowers; no effort, no wisdom; no breathing, no life; no light, then darkness . . and if the Light is in thee be darkness, how great is that darkness.

THIS SPACE IS FOR YOUR OWN NOTES

(b) We Must Learn How to Give to Life.

But not only must we learn that we must GIVE BEFORE THAT WHICH WE DESIRE CAN COME to US, but we must also learn HOW to give . . for God has not done things haphazardly. If you will turn back to your Commentary No. 4, you will find there enumerated what LIFE expects of you. How wonderful it would be if only I could take this knowledge and put it in the lap of this lady whose letter I have quoted. Suppose that I could, at one fell swoop, drop into her lap all the knowledge that you and I have so reverently, and possibly so painfully, struggled to attain to. What then? I suppose that she would be very happy. "Oh, how easy it is to get," she would exclaim; and it would certainly look easy enough. If I were so dangerously ignorant I might even try to give it to her this way, and possibly plume myself on what a wonderful person I am to give to a fellow being. But LIFE ITSELF has something to say. The Voice of the Lord of Life would resound down through the secret lanes of the universe, declaring that this thing shall not be - that it CANNOT be. "Each must serve the Lord", would come the eternal command, and even if I were never more anxious to give to her, I could not . . WHY? Because she would not be ready to take. You see, LIFE says that we shall not take, says that we shall not be entrusted with anything that we have not deservedly come by . . and the cosmic command cannot be changed simply because it SEEMS to be unjust to those who are POOR - OR weary of their own folly - or angry with life - or jealous - or anything else. NO, NO, NO! The LAW is established.

*** "Before the soul can see, the harmony within must be attained, and fleshly eyes be rendered blind to all illusion.

*** "Before the soul can hear, the Image (Man) has to become as deaf to roarings as to whispers, to cries of bellowing elephants as to silvery buzzing of the golden fire-fly.

*** "Before the soul can comprehend and may remember, she must unto the silent speaker be united, just as the form to which the clay is modelled is first united with the potter's mind.

*** "For then the soul will hear, and will remember.

*** "And then to the inner ear will speak the Voice of the Silence."

-From the Voice of the Silence.

(c) "Lend Me A Heart Replete With Thankfulness!"

To learn that WE are the arbiters of our "Fate", and that there is no other fundamental truth is a little hard to learn . . Mankind is so steeped in traditional thinking on "religion" and "God" that it takes us a long time usually to find that we are even ready to take the new knowledge of ourselves being God in Human Form, even if we are fortunate as we flounder through life to have the truth brought to our attention. Thereafter it is even harder to learn, though recognizing that Man Is God in Human Form, that we must obey a very intricate LAW OF LIVING. Having learned this, it is harder still to GIVE TO LIFE that it may return - that we may be able to receive what is truly ours to receive.

But all this we MUST learn; and there is no alibi that we can create that will stand. WE MUST LEARN - that is "all that there is to it." But oh, how we rebel! How we think we know better! How we think that God is unjust . . and that life is hard . . and that a hundred other things are "wrong" -- WHEN IT IS SIMPLY OURSELVES WHO ARE "WRONG"! BECAUSE WE HAVE NOT LEARNED TO LIVE BY LAW.

"OH LORD, THAT LENDS ME LIFE, LEND ME A HEART REPLETE WITH THANKFULNESS."

THIS SPACE IS FOR YOUR OWN NOTES

Are YOU grateful that YOU know these things - that there is none who can help you but yourself - that YOU alone are the master of your life, but that mastery can only come through the Love of God (so difficult sometimes to understand).

What can be said of Love? Who can measure it, or define it? None, save thyself, but it, too, has its LAW. I quote this beautiful passage which you doubtless have read in "The Prophet", by Kahil Gibran :

"When Love beckons to you, follow him. . . Though his ways are hard and steep, and when his wings enfold you yield to him, though the sword hidden among his pinions may wound you. . . And when he speaks to you, believe in him, though his voice may shatter your dreams as the north wind lays waste the garden.

"For even as Love crowns you, so shall he crucify you. Even as he is for your growth, so is he for your pruning. . . Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth.

"Like sheaves of corn he gathers you unto himself. He threshes you to make you naked. . . He sifts you to free you from your husks. . . He grinds you to whiteness. . . He kneads you until you are pliant; and then he assigns you to his sacred fire that you may become sacred bread for God's sacred feast.

"All these things shall Love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart. But if in your fear you would seek only love's peace and love's pleasure, then it is better for you that you cover your nakedness and pass out of life's threshing floor into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears. . .

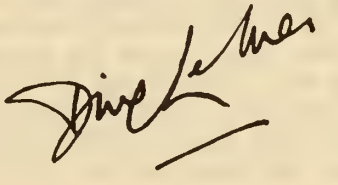
"Love gives naught but itself and takes naught but from itself. . . Love possesses not, nor would it be possessed - for Love is sufficient unto Love.

"When you love you should not say, 'God is in my heart', but rather, 'I am in the heart of God'. And think not you can direct the course of love, for Love, if it finds you worthy, directs your course. . . Love has no other desire but to fulfil itself. . . But if you love and must needs have desires, let these be your desires: To melt and be like a running brook that sings its melody to the night - To know the pain of too much tenderness - To be wounded by your own understanding of love, and to bleed willingly and joyfully. . . To wake at dawn with a winged heart and give thanks for another day of loving: To rest at the noon hour and meditate love's ecstasy ; To return home at eventide with gratitude ; And then to sleep with a prayer for the beloved in your heart and a song of praise upon your lips."

This week, think on these things. Be happy - Give Thanks!

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope



Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Fourth Commentary.
Inner Chamber.

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of the Science of Mentalphysics

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COMMENTARY
105

THE WAY OF ATTAINMENT (22)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

So many people have asked me in various ways lately the answer to their problems of supply - principally problems of an economic nature. It seems that wherever we look we find people who declare that they have not enough of this world's goods. So pressing are the problems of SUPPLY that I feel that it would be well for us all in The Inner Chamber to have set before us the manner in which we may help those who come to us with their troubles in this respect. Of course

*** "You cannot talk of the ocean to a frog in a well - the creature of narrow bounds . . Nor of ice to summer flies - the ephemera of a day. You cannot speak of The Law to a pedant - his limits are narrow. But now that you have emerged, that you have seen the great ocean, you know your narrowness, and I may speak of great principles."

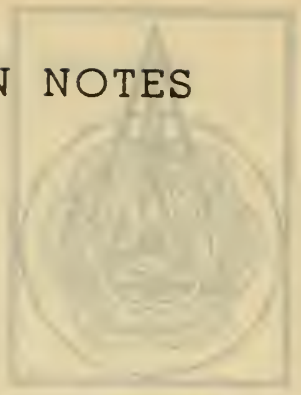
One of the special lessons issued by our Book Department is entitled "Supply," and it is from this Lesson that I take much that appears in this Commentary.

Most people are dissatisfied with what they have - there is a DIVINE discontent, and there is the other kind . most people suffer from the "Other Kind." The laborer and the millionaire are similarly besmirched. Though the working man cries out against the capitalist, my observation leads me to believe that there is not a single working man who would not, if he had the chance, change places with the capitalist. Rarely do we find a man contented with his "Lot", and so it has ever been with the whole human family.

(a) Can We Find What We Truly Desire?

I answer categorically - and I hear your echo coming to me - that we CAN find what we truly desire. I am right when I say that it should not be beyond the skill of Man to find a solution to the problems that press so heavily upon the whole human family. But most people say . . . "I am interested in the problems of MY OWN SUPPLY," not knowing that what affects the ONE affects the WHOLE. The old system of ideas, however, has demonstrated moral and material bankruptcy. No system is morally sound that is mainly motivated by the idea of "get what you can regardless of its effect upon the other

THIS SPACE IS FOR YOUR OWN NOTES



fellow." No system is economically sound when nearly half our population are the victims of poverty, underconsumption, the fear of poverty and insecurity. I know that it is easy to TALK about what is not right - it is quite another matter to MAKE IT RIGHT. No matter what may appear wrong in this statement, I make it boldly : That the ONLY way to relieve the distresses of the whole human family is by giving KNOWLEDGE to individuals, which they will USE as individuals, for the benefit of themselves, but that they will then know that they cannot live unto themselves alone, but can only benefit themselves AS THEY BENEFIT THEIR FELLOWS.

But WE EACH must learn the way. I cannot do it for you, you cannot do it for me . . . we EACH FOR HIMSELF, and BY HIS OWN EFFORTS, must transform his life.

But it is, as we in Mentalphysics are learning, a simple affair. SUPPLY IS STRICTLY A PERSONAL AFFAIR. What we all need to learn is HOW TO DO IT, and we will now proceed to investigate the means by which we may come into conscious control of this all-absorbing question of Supply.

If anyone asks for your advice, say this :

"Look around you. Nature is smiling, and happy, and quiet, and orderly. But there is WORK going on everywhere. God, the Giver of All Supply, is IN Nature. God is in everything . . God is everywhere . . . THERE IS NAUGHT BUT GOD. (Try to cause your hearer to get away from the old anthropomorphic idea of God, and see God as a Creating God, a CREATOR, a Creative Spirit. As we look into Nature we see this Creative Spirit ever at work ; never ceasing in its activity ; possessing ABSOLUTE knowledge of what to do, and how to do it. (Refer to the illustration of an oak tree, an animal, a plant, or anything else.)

"Take that rosebush, with all its beautiful rosebuds forcing themselves open for self-expression, shouting, 'We must have room . . we must open ourselves . . we must become full-blown roses!' Self-expression throughout all Nature is demanded, and those buds have not the slightest idea of what they are finally to express. But the CREATIVE SPIRIT is there within each one of them, equally distributed, so to say, and doing the work of making perfect roses.

"Take a blade of grass it also cries out for self-expression. The tree that keeps you in the shade - just the same. Your dog, your cat, your child - EVERYTHING . . all in Nature is the same.

"Consider this Creativeness. It is

* IT IS INCESSANTLY AT WORK ... expressing with unfaltering exactitude.
* IT IS EVERYWHERE AT WORK .... in Every Living Thing in Nature and Super-Nature.
* IT KNOWS ITS WORK ..... Intelligence is within it Everywhere.

AND IT HAS ALL THE SUBSTANCE NECESSARY TO MAKE EVERYTHING IN NATURE.

"You see that the PRINCIPLE of Nature is perfect. There is

* ALWAYS THE SUBSTANCE NECESSARY TO MAKE THE EMBODIMENT.
* ALWAYS THE ENERGY NECESSARY TO DO THE WORK.
* ALWAYS THE WISDOM NECESSARY TO DIRECT THE ENERGY ACCURATELY THROUGH THE SUBSTANCE.

"The essential truth that I wish to convey to you is that WHATEVER WE LOOK AT IN LIFE THROUGHOUT NATURE WE FIND THERE IS ALWAYS A SUPER-ABUNDANCE OF SUPPLY. Just think of the amount that Nature has to waste (seemingly) . . think of a single poppy - the hundreds of seeds that one plant will give to you, EACH SEED having all the substance,

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all the energy and all the wisdom to make a poppy plant, and EACH ONE HAS ALL THE POWER WITHIN ITSELF. Everywhere we look Nature emphasizes her abundance of Supply."

(b) Nature's Simple Message.

Such a simple message, it seems to me, is entirely convincing to the doubter. When your friends come to you complaining about what Life is doing to them, just settle down and tell them this little story - it will help them, but, more important, IT WILL HELP YOU.

To those of you who do not live on the Pacific Coast, it will be interesting very likely to know that your Teacher under the title of The Voice of Two Worlds speaks over the radio (over Station KEHE, 780 kilocycles, from Los Angeles) on Mondays, Wednesdays and Fridays, at 8:30 a.m., Pacific Standard Time. After one of my talks a few days ago, a man sent me a six page letter telling me that I really should deliver a "real" message.

> "Why don't you tell audiences eager for enlightenment (he wrote) that individual or corporate wealth must be limited by Constitutional amendment, and laws for enforcement? . . Why don't you say that yearly incomes must be limited? Why don't you advocate submission to our voters of reform measures that show and prove your claims to God-given knowledge and the ability to teach it? Why don't you advise our voters to pass on the size of individual fortunes, for which our soldiers must fight, die and suffer? . . Why not advocate double taxes on all property held for speculation? . . . Why not advocate appointment of three new Supreme Court judges, whose first duties would be to see that Congressmen and Senators vote according to election pledges, or lose their votes on bills in question? . . Why not advocate . . . ? --- Why not Advocate ? . and so on."

While I may agree with this gentleman, what is MY duty? You see, HE was telling ME what to do, trying to make a politician out of me, when he clearly saw in his own mind what was his OWN duty to perform No, I am a Teacher, and I feel increasingly with the greater experience that I am blessed to attain that MY work must be to teach. And I feel, moreover, that teaching is the highest duty to mankind. Political systems, man made plans and every form of public utilitarianism can never satisfy the human need unless it is founded on the LAW OF LIFE ITSELF. A most wise Creator has placed within every living thing the pattern of perfection, and if we think that others can make our happiness, we are in utter delusion.

So I counsel you to teach wherever you can and help by giving TRUE VALUES to your fellow man You may do a wise thing by giving a person some material substance then, again, it may be the most unwise thing to do. Whereas, when you give of the things of the Spirit, it is a gift immortal and eternal . . it can never die.

(c) Mystery of Your Breath and Your Word.

To all of us who have reached this Commentary, it will not be difficult to see that your life and my life can be enriched in no other way. We have gone through the miasma and the fogs, we have come to the place where we realize that we must, through SPREADING THE LIGHT, and in no other way, bring the Kingdom of Heaven into reality. How foolish of men to think that they can create anything whatever, when THE LAW is it is established, it is done.

Therefore, no matter how hard may appear to be the experiences through which we must pass, rest in the Lord and wait patiently for him. The storms will pass.

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And the more storms that we go through ourselves, the more correctly can we guide others though the gentleman from whom I quote does not yet know this. As I woke this morning, I lay for awhile thinking of the mystery of The Breath . . . it is the basic mystery of Life Itself. Then, I thought, there is a mystery even greater than that and that is THE WORD. The word that we speak to others, though casually, has a power the potency of which staggers our imagination. "THE WORD was made flesh, and dwelt among us, and we beheld his glory, the glory of the only begotten of the Father, full of grace and truth." These words will be familiar to you. And I trust that you understand their MEANING. The whole power of The Father speaks out of all the qualities of The Word - The Word is the Son of God. As The Father speaks The Word out of himself, . . as Sound comes from all movement from The Absolute, . . so The Word has the glory of all the Absolute power. After The Word is spoken out, however, it no longer is contained within the powers of The Father, but sings and rings in all the works of The Father. The Word of The Father - the Word of God - outspoken by The Father within me, outspoken by The Father within Every Living Thing, penetrates throughout the whole depth of the Works of The Father - the whole universe - AND IS THE MAJESTIC COMMAND OF ALL CREATION. Because The Word - YOUR Word, - my Word, the Word that issues through Every Living Thing - executes the command of The Father in us and through us.

In the Spirit of The Word, then, is to be understood the whole of Divinity, with all its powers and effects, and with its whole essence - the whole action of Life, the whole generation, the whole REgeneration.

Thus every creature has its own center for its own outspeaking, and it speaks the Eternal Word of The Father. We CREATE when we use The Word. Explained otherwise, we become, and we make our life become, what we speak - we ARE as we USE THE WORD . . . the Word of Truth - to Wisdom ; the Word of Falsehood - to ignorance, darkness and damnation. And, my Beloved, The Word is ever near to thee - the greatest of all mysteries ; ever within thy mind, thy heart, thy lips. GOD HIMSELF IS THE WORD WHICH IS IN THY HEART AND LIPS. This is the Truth of Truths. How to be pitied is the man who is full of beliefs alone, and so empty of Truth.

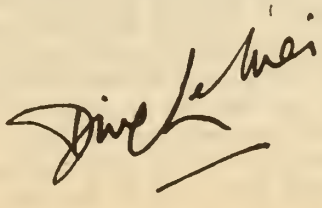
Therefore, watch the words of your mouth. See that you tell the Truth alone. See that when you speak to another, the words that you use are conveyors of light and love and inspiration and peace and power for good.

Pity the man who raises his voice only when he walks to a funeral, when his own word might have prevented the funeral.

Your sound will raise the world. That may not seem to be logical, but you do every day of your life MOVE THE WORLD, for good or ill, as you speak - you uplift it when you utter the Truth, you dash it to the abyss when you utter un-Truth. Practise, then, this week, and see how fascinating is the game of using right words. Watch others, and notice how often they fall. Learn as you watch them.

This week shall be a week for you of great and increasing JOY - if you will watch the effect of the vibration upon your body and mind as you speak, it will be a week of great enlightenment. Peace be unto you always.

Sincerely your Teacher in Fraternal
Bonds of Joy and Hope



Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Fifth Commentary,
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COMMENTARY

106

THE WAY OF ATTAINMENT (23)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary, I remarked that "YOUR SOUND WILL RAISE THE WORLD . . . YOU DO EVERY DAY OF YOUR LIFE MOVE THE WORLD, FOR GOOD OR ILL, AS YOU SPEAK. YOU UP-LIFT IT WHEN YOU UTTER THE TRUTH, YOU DASH IT TO THE ABYSS WHEN YOU UTTER un-TRUTH." I wonder whether these words passed you by - did you consider them to be mere words, or did you glimpse the TRUTH in them?

Any advanced student who has experimented with the sound of his own voice will know that it has tremendous power. Its EFFECT is almost immediately seen in the body - for when we chant a sound and keep it on the same even rhythmic note of harmony, it harmonizes our body and our mind. This is the easiest thing to find out. Then, we notice that when we speak to other people, we either inspire them and raise their spirits, or we depress them . . . perhaps it is not so easy to notice the effect of our own sound upon others, but we can easily note the effect of their voices upon us. A foolish person, meeting his friend in the street, may say, "Oh, you are not looking very well today, what is the matter?" Instantaneously the man addressed has set up within him the vibration of strong thought in a negative manner, and he says to himself, "Ah, I m not looking very well, . . and I am not feeling very well either." And so he goes on only to find himself after an hour or two literally feeling not at all well! Better if his friend had passed him by rather than rob him in this manner. . . We listen to speakers, we read newspapers and magazines. The speaker tells of some terrible happening, and in a way we revive the happening and re-live it within. The magazine article sets forward criticism on something political or social or philosophical, or in any other way ; and we find ourselves agreeing with him, imbibing all the negation until we unconsciously work ourselves up about it to the degree of feeling at which we make ourselves entirely disspirited . . . the effect of The Word.

(a) Recent Scientific "Discovery".

By way of showing the extreme POWER of The WORD, I noticed the other day that a scientist in California claims that he has discovered the fulcrum "which may enable orators to move the earth with their voices." As if this is any new thing! It has been known in the occult schools for ages. Stand in front of a building, chant a tone and maintain it so that its vibration does not change, and hold behind the sound the thought, and you could destroy the building before you. Of course, if we had the power we would not destroy ANYTHING of LIFE - we could not ; but we can destroy the enemies of life, such as fear and inferiority complex, pain and sorrow, greed and envy, jealousy and bitterness - WE know that it can be done, and that WE DO IT ; but there are thousands who have not the slightest idea that there is any power at all in sound - and so

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they run recklessly and ignorantly destroying their own, but not knowing that they do so - and would be highly amused, probably, if you were to tell them HOW they do it.

Referring to the California scientist, I take the following from the Los Angeles Times:

> "Turning off the water in a bathtub by singing and starting or stopping an electric motor by shouting at it are possibilities suggested by sound research conducted by W. F. Alder, Altadena inventor. With sound from a phonograph record, he lifted a pound weight more than an inch in less than one minute. It also was demonstrated that the weight can be lifted by the energy produced by the singing of one person in the laboratory.
>
> "'I am very surprised,' Alder said, 'by the amount of work sound will do. Although we could never harness sound power to run our factories, there are many possible practical uses of sound energy that have been neglected.' The experimenter has rigged up an apparatus which makes it possible to start or stop an electric motor by producing or interrupting a 'beam' of sound. 'Everyone knows,' he says, 'that light, with the aid of the electric 'eye' is used in countless ways to make or break electric circuits and thus control the operation of every sort of machine. In a somewhat similar manner, beams of sound could be used to control machinery, for I have proved that sound can be harnessed to open or close electric relays . The apparatus by which the physicist raises weights with sound is simple. Any relatively loud sound, including the human voice, was effective to some extent although the most lifting work appeared to be accomplished when a natural C note was sounded continuously by a special phonograph through a radio speaker.'"

Yes, we have much to learn But we in Mentalphysics have the secret in our control as we practise chanting. We may not seemingly be able to do much, but the more we chant the more do we not only cleanse and heal and make perfect our own bodies and minds, but THE LIGHT SHINETH OF ITSELF out through and from us, doing its work according to OUR THOUGHT by which it is directed.

(b) Harmony vs. Discord.

There would be naught at all without SOUND, the Word, which was in the beginning. Matter is the vehicle for the manifestation of that sound that causes it to be matter, held together, so to speak, by its own sound and the effect of what appears to be outer sound in perfect magnetic contact with itself. When we understand this statement, we also can understand the following :

> *** "Matter is the vehicle for the manifestation of Soul on this plane of existence, and Soul is the vehicle on a higher plane for the manifestation of Spirit, and these three are a Trinity synthetized by Life, which pervades them all." Secret Doctrine, Vol. 1, p. 80.

Your sound, with its ever inseparable associate rhythm, is ever building or disintegrating, and is a powerful force that man has urgent need to understand and learn to control, and use with intelligence. You can see that, did man understand, our whole life the life of the whole human race would be so changed that earth would truly be heaven. Harmonious sounds are upbuilding and life giving, therefore constructive, while all sounds that we may characterize as noise are disintegrating, for there is dissonance and broken rhythm, and bring consequent suffering - though unconsciously to the sufferer on the physical and mental plane of life. That is why we see all round us "sensitive" people who are broken in health, suffering from nerves, have periodical "nervous breakdowns" which only retirement to the quiet of the countryside can eliminate. Discordant noises are like the drops that wear away the stone. He was

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not altogether unwise who declared that his greatest blessing was his deafness, for, he said, "I am free from the riots in the air."

Just as we see clearly the death-dealing power of discord, so we can see the life-giving power of sound in harmony.

(c) Advice on Talking.

All the world stays silent when Love Speaks. I am very fond of the writings of that poetic philosopher, Kahlil Gibran, whose writings express the deepest impulses of man's heart and mind. He went so far as to say that when we talk we cease to be at peace with our thoughts, and that we live in our lips because we can no longer dwell in the solitude of our hearts - thus we make sound a diversion and a pastime. I quote from this prophet's beautiful poem in prose, "The Prophet" :

*** "In much of your talking, thinking is half murdered. For thought is a bird of space, that in a cage of words may indeed unfold its wings but cannot fly. There are those among you who seek the talkative through fear of being alone. The silence of aloneness reveals to their eyes their naked selves and they would escape. And there are those who talk, and without knowledge or afore-thought reveal a truth which they themselves do not understand. And there are those who have the truth within them, but they tell it not in words. In the bosom of such as these the spirit dwells in rhythmic silence. When you meet your friend on the roadside or in the market place, let the spirit in you move your lips and direct your tongue. Let the voice within your voice speak to the ear of his ear ; for his soul will keep the truth of your heart as the taste of the wine is remembered, when the color is forgotten and the vessel is no more."

Read the above quotation many times, and light will break through. And if you would hear the rhythm of life, listen within your own mind, and you will hear the eternal Song of Life. But if you have not learned enough to be able to enter the song of the Silence, sit beside a running river, or a babbling brook, or go out to sea and listen to the formless with the waters telling you of Life's harmonies.

Sound - your sound, my sound, the sound of Life - is indeed the mystery of mysteries . . The Quickener, the Upbuilder, the Destroyer, the uninterferably flowing MOTION of God.

(d) The Seven Magic Words.

When we are worthy to have revealed to us knowledge of the Tattvas of Life, we shall know that, just as there are seven kingdoms - the names of which are familiar to us - so are there seven rays of light, of sound, of life. During the last few Sundays I have been speaking in the church on the Seven Magic Words.

JOY - The Eternal Quickener
GRATITUDE - The Eternal Sustainer
REVERENCE - The Eternal Ennobler
BREATH - The Eternal Mother
SOUND - The Eternal Father
LIGHT - The Son of Righteousness
SILENCE - The Eternal Giver

When speaking to a mixed assembly, it is not possible for one to go very deeply into the mysteries, but I have been agreeably impressed with the interest that this series

THIS SPACE IS FOR YOUR OWN NOTES

has elicited, and when speaking of "Sound - The Eternal Father" you could have heard a pin drop, so great was the feeling of the audience. We all FEEL within ourselves that these great mysteries of life exist - we all desire to be given the knowledge - but how few are prepared through practice to pay the price for the Knowledge!

How very fortunate we are in Mentalphysics that the way to see has been made so easy for us. It was not easy, probably, at first to realize that "Whatever the Creator is, I am," but now that we are aware of this, and through right practice have come somewhat to the realization of it in our own lives, we can see how easy it would be to reform humanity - if only people would pay the price and do the work necessary.

Once we have this Truth embedded in our consciousness, we see

(1) The Seven Kingdoms ;
(2) The Noble Pathway of Enlightenment ;
(3) The Seven Virtues (the magic words).

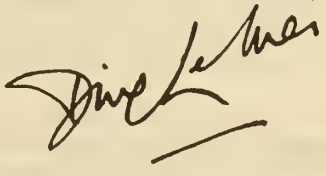
Then we come to see so clearly how the Universe is constructed and sustained. And what a joy it is to know that we ARE truly on our way. So much to be learned? Why, of course. So much to be lived? Naturally, there is ; but how grateful I am that I have been led behind the veil so that I can see a little more clearly than was possible for me some years ago. How grateful I am, realizing that what I know today bears fruit for me now, and that if with the little I now know I gather so much fruit, how great is to be my harvest when I know more - and more - and more. How shall we be able to "contain ourselves" when all is revealed to us. So be happy, My Beloved, and know that the Truth DOES make us FREE.

This shall be a week of quiet restful peace of the spirit. You shall know no evil, and no harm shall come nigh thy dwelling.

Do all that you can for our Mother If you are anywhere near Los Angeles - particularly on the coast tune in and hear your Teacher as "The Voice of Two Worlds" over KEHE in Los Angeles (Monday, Wednesday and Friday at 8:30 a.m. Pacific Standard Time). As soon as it is indicated that we should go on other stations, we shall do so ; but we must all train ourselves to provide the seed that will enable us to gather in the great harvest in due time.

All that is good and holy and of good report I send to you - now and always. You are at peace.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A

End of The One Hundred and Sixth Commentary,
Inner Chamber.

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COMMENTARY

107

THE WAY OF ATTAINMENT (24)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in The Bond.

As I use this salutation in commencing these Commentaries, I wonder, as this Commentary comes to your hands, whether you are beginning to realize what THE BOND really is.

You have, these many months advanced with me and your fellow students over what is to you a new road, steadily mounting the grade. You have perhaps slipped at times, yet, having so zealously and determinedly built into your consciousness the conviction that nothing but yourself can prevent your success, you have recovered, 'girded your loins' anew and resumed your journey with me to The Heights.

I know that you feel the indissoluble bond that exists for all eternity between me and you, as teacher and student. Are you conscious in a similar way of the Bond that links you to every other student in Mentalphysics? I would counsel you to think upon this, for there is an invisible Bond in the Spirit which, while it links you to all humanity, binds you closer to your fellow students.

The pattern of the human race is ever being woven. In the dim and distant future the Creator's Plan will be fully revealed. In the process of the weaving, brighter threads than others appear. You and your fellow Nobles of the Light stand out as these brighter threads, and with your presence some of the beauty of the finished pattern is beginning to appear. Thus I would have you recognize that we are destined to stand out from the background. We, as a group, linked together in the Bond, have a work to do.

In your One Hundred and Sixth Commentary you were shown the power of sound, and just as your sound will "raise the world", so also will your habitual thought. Your habitual thought is now controlled by the new consciousness to which you have raised yourself in your studies and practices of Mentalphysics. You are different. You know it and you feel it. Think of the tremendous power that you and thousands of your fellow students in Mentalphysics all over the world are wielding.

You have by now fully learned, of course, that we live in a "sea of thought". It impinges upon us at all times, whether we are asleep or awake. According as we are positive or negative, so do we unconsciously "tune in" to our own kind of thought. You have so raised your consciousness that negative thoughts cannot find entrance, though you are fine enough now to sense their existence without permitting them entry. On the contrary, you now radiate such power that all with whom you come into contact are lifted towards your Light.

Linked together in the Bond of our Mother Mentalphysics, we are all making the pattern of the race more beautiful. Again I counsel you to think on this. We are a

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great organization doing a great work, yet we work, as do all true occultists, in the invisible. No greater work can be given by the Higher Ones for any group to do. We have, I am firmly convinced, been chosen. Let us see that our shields are ever bright and our escutcheons ever unsullied.

I often feel as I write to you in your Commentaries that I would like to disclose to you the glorious vision that sometimes comes before me as to our ultimate destiny. But the time is not yet. All that I can meantime hope is that you as one of the chosen ones will maintain your zeal, continue your loyalty to your Mother until the time comes for you to step out with your brothers and sisters in the Bond and join hands in the great world work that undoubtedly awaits us.

(a) The New Age.

We are, as you know, at the beginning of a new age. Only the Higher Ones in the Hierarchy of Eternal Wisdom, who have the destiny of the race to guide, know what the Plan is for us, but there is no doubt that their influence and their power is being felt. As we look out on the happenings going on in the world today, we cannot but come to the conclusion that changes are occurring rapidly. New formations are appearing. New ideals and new ideas are appearing.

Now, we, as scientific philosophers should "stand aside in the coming battle" and observe, if we can, what is going on and if possible interpret it for our own guidance. One of the most obvious things that appears everywhere is a new grouping of nations within themselves. Old things are passing and new appear. As we know, nothing just 'happens' This drawing together into closer bonds among the peoples must be caused by some force hitherto not so powerfully felt. We know that the one Power in the Universe which is the only power that binds it together is the Love of the Creator. By IT is linked every cell in the seen and the unseen in the indissoluble bonds of its own unity. So I feel that there is being shed upon this globe and upon the whole human race a greater influx of Love than has yet come to it in other ages.

Yet you may say that there appears everywhere to be effects that are the opposite to those which might be expected when more Love is being poured out. Yes, it appears to be so. We must not forget, however, that, as occultists, the basis of all our work is the concept that we are dealing with energy - energy embodied in forms, energy streams in flow, energy units. These streams of energy, the powers of the Creator, we use and embody by means of our thought.

You have been taught in Mentalphysics how to generate within yourself and use these "streams of energy!" From the very first lesson you were warned that you were literally playing with fire. You have been seeking, and to some extent have found the Light within yourself and have learned how to circulate it, to concentrate it and use it to produce within you those effects you desire. . . You have been given the priceless methods whereby the energies of the Creator are controlled by you, thus revealing to YOU YOUR POWER IN MASTERY. A lightning bolt, uncontrolled electricity, can do terrific damage. The same voltage, controlled in a power plant produces an infinite number of blessings.

Love, the greatest of the energies of the Creator to be felt by the human race, controlled and used in the right way can be made to revolutionize the race. Entering as it now appears to be, with greater intensity, into the planetary sphere of our earth, it is felt by and influences the whole race. But the individual is unconscious of the influx except insofar as he seems to be influenced to follow new ideas or is led downward by his own previous misinterpretation of the force to depravity. Love is the great integrating force which attracts and binds together. Just insofar as the life which it enters is evolved, so is its entry in every way beneficial to that life. If, however, this potent energy is transmuted in its passage, it is easy to see that it may

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be misused and so cause destruction instead of integration. So we see new ideas being brought to the fore and accepted by groups of people, causing them to draw together in thought and then into form. They have a common bond. Can you not see that if they were as far along The Path in understanding as you have gone by using what you have been taught under the wings of our Mother, what tremendous strides could be made towards "drawing all men together" into the promised Brotherhood of Man?

This is the reason for the revolutions we see going on in every phase of human activity. The energy makes itself felt, but the race does not have the knowledge whereby it can be used for its intended will and purpose. I hope that I have given you an idea which you can take into your 'Inner Chamber' and unfold for your further enlightenment and unfoldment. I hope too, that you have an inkling of the bond which binds us and all students in golden chains. In mathematics we say that "things which are equal to the same thing are equal to one another." I can also say to you that Souls which are bound to the same Soul are bound to one another. Because of the Bond between you and me, you are bound to every other student. It must be so.

Here, then, is food for thought as to the ultimate goal towards which this Mentalphysics is heading. Count yourself a private in the new army, maintain your zeal, practice faithfully and so prepare to enter the lists when the call is sounded. "Let your Light so shine before men, that they may see your good works and glorify your Father which is in Heaven". Mentalphysics, the Gospel of the New Age, can save the race. Yours is the privilege to spread it. Are you doing all that you can? Have you aggregated your 'Nine'? Have you reached the selflessness of the true Initiate, always ready to give his all without thinking of return; yet knowing that it comes back multiplied to him? If you have then you can truly say of yourself, reverently and without pride, "I have found the Beloved. He and I are One".

(b) The Bond in Sound. The Spirit of the Word.

In the One Hundred and Fifth Commentary on page four I wrote:

*** "The whole power of the Father speaks out of all the qualities of The Word - The Word is the Son of God. As the Father speaks the word out of Himself....as Sound comes from all movement from The Absolute,.... so the Word has the glory of all The Absolute power. After the Word is spoken out, however, it no longer is contained within the powers of the Father, but sings and rings in all the works of the Father. The Word of the Father - the Word of God - outspoken by the Father within me, outspoken by the Father within Every Living Thing, penetrates throughout the whole depth of the Works of the Father - the whole Universe; AND IS THE MAJESTIC COMMAND OF ALL CREATION. Because The Word - Your Word - my Word, the Word that issues through Every Living Thing - executes the command of the Father in us and through us.

"In the Spirit of the Word, then is to be understood the whole of Divinity, with all its powers and effects, and with its whole essence - the whole action of Life, the whole generation, the whole REgeneration."

Read and reread these paragraphs until a glimpse of the profundity of the thought embodied in them is found. The mystery of creation is hidden in The Sound; we are going to lead ourselves by further practice to a deeper understanding of the Word, and from there to "the Spirit of the Word" which reveals to us the whole of Divinity.

(c) Finding The Spirit.

These exercises may seem at first to be simple, but so, perhaps did your first few practices of your breaths You now know, however, that what appeared to be "just physical exercises" have taken on a sublimely different meaning. So, too, will these

THIS SPACE IS FOR YOUR OWN NOTES

higher spiritual exercises if you search diligently for the hidden meaning behind them. For example:

(1) Listen to your radio. Get, if you can, a program in which there is either a violin solo of good music or a string quartette, the latter preferably. Now train your ear to pick out, first, the first violin. This should be easy, as it will be carrying the melody or theme. Try to blot out the other instruments so that you can hear only the violin. This will take a few days practice to become proficient. It will be a good physical and mental exercise in concentration and control.

(2) Having become proficient in this exercise, listen now to a violin solo and train your ear to distinguish the myriad qualities in the tones that come with the sound of the instrument. Now try the same exercise listening to a violin in a quartette. When you have reached this point rest and listen to the solo.

(3) a. Take another instrument and follow the sound of it as you did that of the violin. b. Practice the same exercises listening to a full orchestra. Remember always to choose good music.

(4) Having somewhat mastered the training of the outer ear, sit and listen to any good music. Close the eyes and see what you feel. What emotions are stirred by The Sound? Look deep within and see if the Light corresponding to THE Sound appears. Analyse your feelings in their response to the sounds, and feel into the Spirit of the Composer which created the Sound. If you can do this with some degree of satisfaction, you will have established a bond with the Spirit which sang through that of the composer. If you are fortunate in being able to listen to a maestro performing, feel into His Spirit as he interprets the composer's spirit voiced in the composition.

We are leading ourselves through the outer portals of the chambers of The Sound to the Inner Chamber, where we find The Spirit of the Sound. When we find our contact with the Spirit of the Sound then shall we be able, as we become more in tune, to interpret all Sound. When we can interpret the Sound, then shall we feel to a greater degree the Presence of the Spirit from which the Word IS, within our Spirit. We become conscious of the Bond which links us with The Father, through our Bond with THE SON which is THE WORD . . . "In the Spirit of the Word, then, is to be understood the whole of Divinity, with all its powers and effects, and with its whole essence - the whole action of Life, the whole generation, the whole REgeneration."

I wish you all joy in taking another step this week on The Path. I counsel you to PATIENCE and more PATIENCE. In THE Bond we march triumphantly upward to The Heights, ever remembering that the only road to the Father's mansions is the road of service. I am doing my best and I pray that you, too, recognizing yourself as a link in OUR OWN Golden Chain, are helping to bring more links to the chain which binds us all in The ONE.

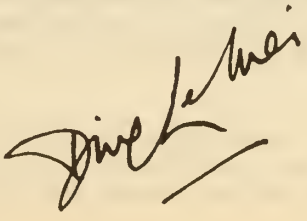
This week SHALL be to you a week of greater joy and peace than ever. See that you share it with the world in The Sound of the Music of Your Spirit, as it issues through your voice in every word you speak. May all men say "Your voice is benediction to my soul."

Peace be unto you!

Sincerely your Teacher in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Seventh Commentary.
Inner Chamber.



THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY
108

THE WAY OF ATTAINMENT (25)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in the Bond

As I sit in my study communing with you and preparing for this Commentary, there comes to me, through the open window the medley of sounds, emitted from the treble throats of the children let loose for play from the school opposite to The Institute. I listen to the sounds as they strike my ear. Behind them I can feel the joy of children at play. There are sounds of protest, surprise, glee, command, ridicule, anger, approbation, disapproval and so on. All the gamut of human emotions in their infancy. The Word - The Son - coming from The Father and playing through these little human instruments expresses music or discord in exact relation to the degree with which the instrument is <u>in tune</u>.

To the physicist these sound are but the percussion of air upon the vocal chords causing them to vibrate at different rates of speed and setting up similar vibrations in the surrounding air These vibrations striking the physical ear of the listener are interpreted by his brain, and he hears the sound. All this is very true, but to us who see beneath and beyond the manifestation as it is interpreted by our physical senses there is a deeper meaning to be found beneath the manifestation. We remember that "In the beginning was the Word". <u>The Word is the Father's creative fiat</u>. It is the command 'I AM'; from it <u>The</u> I AM appears - this wide Universe, My body.

The physicist confines his researches to appearances. We seek the Spirit, the Cause, and in our search, if we are diligent and faint not, <u>we find the Cause</u> and <u>discover that we are THAT</u>. Thus in our practices we lead ourselves into the realm of the soul, where all is revealed to us We hear the sound; we feel the emotion which caused the sound. It strikes a responsive chord in our own emotions. We watch it and feeling to the Spirit of the emotion we become able to link ourselves with our own Spirit and become one with the ALL SPIRIT.

The Father speaks The Word. We, the instrument, as it were, relay it in our expression of life. The Word becomes the flesh. Then it through the expression of our life echoes back again to the Source whence it came and the circle is complete. Our life, then, is the sum total of our efforts to be good instruments, and as our life is the result of our word, we see that according to the way we use the word so can we measure our progress in the inevitable, but perhaps weary journey back to THAT whence we came.

Be patient, Candidate. Do not think that I am laboring this subject. I am firmly convinced that if the use of right speech were understood by every human and practised as we practice it, there would speedily appear on earth that Peace that the race is seeking, and which passes understanding

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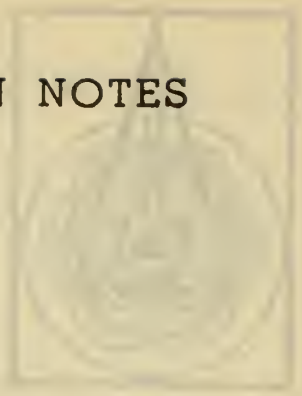

Since writing you last, I have been up into the mountains for two or three days communing with Nature. There in the silence, away from the busy city, I have listened to Life echoing the Celestial music of the Creator. I listened to the many happy songs of the birds. The clear flute of the mocking bird, every note perfection, found a responsive joy within myself. I felt myself to be the Spirit of the bird, voicing joy and gratitude to Life. I heard the voice of mother earth in the sigh of the gentle breeze as it came up the valley. I lost myself in the Spirit of Nature and was NEARER. The music of the water in the creek spoke to me as it sped away to join again its source, the ocean, and my Spirit went with it to the SOURCE. Thus may we, in quiet contemplation, find "in the Spirit of the Word" the understanding of the whole of Divinity and thus the understanding of OURSELF, and the Bond in sound.

(a) Feeling Into The Spirit Of The Word.

I hope that you have made some progress in the exercises which were given in your last Commentary. I suggest that you continue them. Your radio programmes will become more than a mere amusement to you.

And now we will continue this practice in a more advanced phase. Just as you have been listening to and feeling into the Spirit of the sound of musical instruments, so now will you practice feeling into the sound of human spirits. First, listen to speech generally. (Note, as I did while listening to the children at play, the result of the various emotions as they come out on the voice). When you have become somewhat proficient in this, watch for an opportunity to listen to someone whom you feel often expresses some particular emotion. Some people are always grumbling, for example. Others are always expressing sorrow. Few unfortunately habitually express joy. Some are always hopeful, others habitually despondent. Listen to their voices. Now, try to feel into the Spirit of the Sound and with your soul register the Spirit of the emotion. You will by practice be able to become conscious of the emotion within yourself and its effect as you feel it, yet you must, of course, not feel the emotion as your own. You are merely becoming sensitive to the spirit of the sound.

You have found in your previous practices that your physical ear has become by training extremely sensitive and discriminating. You will now find that the ear of your soul will become similarly sensitive. Because of the fact that you have travelled a long way on the path through Mentalphysics, you will find that you are already sensitive in this way. Beginning with the physical, we learn to go back and back beyond and above it to the spirit of us, and find that we lose ourselves in the Spirit of the All. We find that we are IN THE BOND.

These practises in sound may be continued with your others. They, like your own spiritual breathings, can never be fully interpreted nor fully understood. But as you have discovered and continue to discover new revelations every day in your breath, so will the sound of you reveal to you new vistas of life and new vision to see them.

(b) The Omnific WORD.

"Om mani padme Om! Om mani padme Om".

Many thousands of times in my travels in Asia; on the road, in the market places, and in the Temples, have I heard the chant above sounded. Its origin is lost in the ages of antiquity. It cannot be interpreted, still less can it be put into English.

Like our Mentalphysics breaths, it cannot be explained. Yet to each individual chanting it, it means everything. It is the embodiment in sound of all sounds. IT embodies the wisdom that is contained in all sound. When we understand 'I AM THAT I AM', we perhaps shall understand the meaning that is expressed in the eternal "OM (or "AUM").

THIS SPACE IS FOR YOUR OWN NOTES

Just as we can unfold to ourselves the Spirit in our affirmations, and as they finally become a part of our consciousness, by repetition, so does the Asiatic devotee keep himself "in the Presence" through The Sound, which is THE Word, by chanting. The physical sound, just as the physical breath, becomes lost in the Spirit of the sound. The physical instrument merges into the Spirit of itself and a degree of Spiritual realization is felt according to the evolution of the individual.

The Word OM, or as it is used in some occult schools AUM, is said to embrace every sound that the human voice can utter. It embraces every sound in the Universe. It is the Omnific word Within it is the meaning of all sounds It contains the hidden wisdom of the Sound of the Universe. This is what the devout seeker tries to realize. This is how he is able to be in a constant and habitual state of mind where his use of "The Word" in everyday speech is always governed by the Spirit of purity, of conscious At ONE ment with the Creater. Grateful should we be that we in some measure know the value of 'Right Speech'.

In the Inner Chamber here at the Institute, I am privileged to teach the chanting of the Omnific Word to your brother and sister Nobles. The Chamber reverberates with the combined voices as solemnly they chant, as it does when our great Chinese gong is struck The vibration becomes powerful and rhythmic. (We KNOW that "we raise the world with our sound.") And then from the sound we go into the Silence, which is the womb of all Sound. In it we embrace you and all our fellow Nobles, and thus commune with you in the Spirit and under the wings of our Mother, and in the Bond.

The single chant is two notes, making what is known in music as the interval a minor third If you have an instrument, sound note "A" natural; then, ascending, sound "C" natural, and you will have the two sounds that make the single chant. The AUM is held on the note "C", the AU on the "A" and the UM on the "C" You may be able to chant from this attempt to explain it, but fortunate will you be if and when you can visit The Chamber here in person and join with us . A consummation devoutly to be wished. But, even though you are not with us in person, you now know that the Bond invisible is nonetheless firmly established, that you are conscious of it, as are all Nobles of the Light You, in that consciousness steadily maintained, wait for the call to outward action, when the time is ordered ready to join in leading the race to peace and brotherhood Meanwhile, neglect not to do your part by spreading the Light of Mentalphysics and showing the way to the weary traveller who is seeking the Light that you have found. Use the Word in this way to "raise the world"

(c) The Powers of the Creator.

In the One Hundred and Seventh Commentary, I said:

> *** "We must not forget that, as occultists, the basis of all our work is the concept that we are dealing with energy energy embodied in forms, energy streams in flow, energy units. These streams of energy, the powers of the Creator, we use and embody by means of our thought".

Now, we are so accustomed to the use of such words as "Power", "Energy", "Force", etc., in connection with materialistic ideas, and man made things that their use in connection with higher things may bring a reaction in your mind perhaps that this use is irreverent.

This may be because there is still in the consciousness remnants of the old religious ideas, which separate ideas of the soul and the spirit from those of mundane existence; which look upon the earth and things of the earth as lower than things Spiritual.

We, however, are gradually weaning our minds from these old fashioned concepts, and are beginning to see and feel that God and his manifestation on all planes is all that there is. "The earth is the Lord's and the fullness thereof". Man is a Spiritual being.

THIS SPACE IS FOR YOUR OWN NOTES

There is nothing high or low. All is the One in different phases of its being and appearance. GOD IS ALL THAT THERE IS. So, no matter what great and high ideas come to our minds we have only human words to use to clothe them in, and many ideas, as you are finding out, cannot be expressed in human language. Then the powers of the Creator can be expressed as 'energy', 'force', etc., without irreverence, or disrespect to the Creator, who cares not anyway.

Now, the most common words we use to express the powers of the Creator - its energies in flow, its living streams of power - are Love, Wisdom, Intelligence, Will - etc., - and from these lesser energies, as we see them in the sphere of earth - Idealism, Devotion, Harmony. If we are observant enough we shall see all of these powers at work throughout creation, but not in the form of our highest concept of them. Let me illustrate from everyday experience. We know that the energy we call electricity flows to our houses over wires, and by means of special apparatus it is converted for our use into light and heat. Thus, there is a mechanized transmutation of electricity into light. But electricity has its origin in a greater force with which we are not yet acquainted, and that again may be but a transmutation of a higher force. If we let our minds follow such a train of thought we shall always come to the point where we see that all comes from the one SOURCE which we call GOD, but in every such attempt we stagger in our effort to compass THE INFINITE in our little finite minds. It cannot be done Yet the attempt will always bring some enlightenment, and this is what we are seeking. In the diligent use of our power to think, and in its skilful use as Mentalphysics teaches, we gain greater power to think. So faint not! Let us be patient, and remember the Great Master's promise "In my Father's house are many mansions. I go to prepare a place for you".

We know that the sun is the source of all life on this planet. If it disappeared the solar system and all the life in it would also cease to be. It would melt into God, but would not be manifest. In everyday language, everything would die - (We know that there is no death). The life energy that we are conscious of which keeps us and all the kingdoms "alive", we call light and heat. Yet we are told that when we get beyond the stratosphere, all is intense cold and there is no light, all is darkness, that the sun appears as a disk in space. If this be true, and there is no reason to imagine that it is not, then we see that the sun and the power of the sun whatever it is, becomes transmuted into light and heat and those modifications of these energies that are necessary to sustain what is called life on the earth.

With these preliminary thoughts I advise you to turn back to your Commentary Number Thirty Three and those following which deal with Transmutation There should come to you further enlightenment and perhaps new knowledge and a greater conviction of the indissoluble Bond which links every living thing to you and to every other living thing. That Bond, which is Divine Love, is an energy of the Father, transmuted through "the Sun behind the sun," to the Sun and thence to the earth. When we live in the Christ consciousness we shall know somewhat the meaning of the Father's love which binds us through the Son to HIM.

To you this week shall come greater wisdom and understanding of YOURSELF. In it you shall find that you ARE joy, you are peace. Let your joy be shared and your peace be given to all with whom you come into contact.

Sincerely your Teacher in Fraternal
Bonds of Joy and Hope,

Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Eighth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

109

THE WAY OF ATTAINMENT (26)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in The Bond.

Has there come to you since reading the last two Commentaries a greater realization of the indissoluble link, the Bond, which Love has welded for you between you and me? Do you feel that with me, you are, through the energy called Love, bound to every other Noble of the Light travelling The Path which has been revealed to you by Our Mother Mentalphysics? Following the writing of these Commentaries, there came greater inspiration, more power and yet an indescribable sense of benevolent sweetness towards all my Students, which, overflowing, embraced Every Living Thing. I would that you could share it with me.

Such feelings, as they make themselves felt by us, should be carefully nurtured. Devoid of sentimentality, for we have long outgrown just human sentiment, they reveal the static state of THAT LOVE Force which holds the planets in their orbits. They are like the gentle caress of the water as we bathe in the lake above the dam. Hidden within them is power to move the earth, as the released water has the power within it to move mighty industries, or change the barren desert into the Garden of Eden.

Thus, under the loving discipline that Our Mother has placed upon us, do we learn to melt and mix and fix within us the revelation of the PRESENCE with its Power and Wisdom and Active Intelligence.

Let us remember, however, that we must use, and never more diligently than now, the Power we have generated. We must link ourselves with all humanity. We must "seek the toiling pilgrim," and show him the way. This is the ONLY way to ATTAINMENT.

> Says The Tibetan in "The Treatise on the Seven Rays": "Man comes forth, as do all the lives within the radius of a solar system, upon the inspiration of love, expressed in wisdom. Love is not a sentiment. Love is the great principle of attraction, of desire, of magnetic pull and (within our solar system) that principle demonstrates as the attraction and the interplay between the pairs of opposites. This interplay provides every needed grade of type of unfoldment of consciousness. Conscious response is first made to the most potent and to the densest kind of attraction in matter, that of the mineral kingdom. Dense as it is and heavy as is that type of vibration, it is nevertheless an expression of embryonic love. Response again comes, with greater facility and more true awareness and sensitivity, in the next kingdom and the consciousness of the vegetable world emerges. But this too is love. It responds more freely and reacts to a far wider range of contacts in the animal kingdom, and the basic instinctual desires emerge and can be recognized. They in due time become the motivation of the life, yet still it is only the love of God which is manifested.

THIS SPACE IS FOR YOUR OWN NOTES

It is love between conscious life and conscious form, it is love between the pairs of opposites, leading to an eventual synthesis or marriage; it is relationship between the basic dualities; it is not sentiment, but a fact in a great natural process. Always there is the emerging glory and radiance of a growing love, until we come to the human kingdom wherein love enters another plane.

"Then responsiveness and sensitivity and human sentimental action developes into a rudimentary mind. The consciousness of loving and being loved, of attracting and being attracted enters through the door of the intelligence and expands into the human state of awareness. Pleasure and pain become definite factors in unfoldment, and the long agony of humanity commences. Love then is seen in its naked selfishness, but also its potential glory can be sensed. Love or attractive desire then attracts to itself that which it feels that it needs, but later that is changed into that which it thinks it should have, and this in time is transmuted into that which it knows is the divine non-material heritage of a son of God."

Ponder on these last few words, for in the true understanding of love as feeling, love as thinking, love as aspiration will come a clarification of man's problems and his liberation from the thralldom of the lower loves into the liberty of love itself, and into the freedom of the one who possesses all things, and yet desires nothing for the "separated self."

(a) Becoming the Spirit.

If you have made progress with the practices in "Feeling into the Spirit of the Sound", you will have discovered that there is within you a response, faint at first, but there has developed a new feeling which hitherto you have not experienced.

It is, like all feelings of the Soul, impossible to describe, but if you will faithfully carry out your practices, it will gradually unfold. With it, just as in all our practices, will come greater powers and new senses. As we "feel after Him," so there comes a greater sensitiveness to Its Presence. So, Candidate, faint not and do not grow weary in the search. The rewards cannot compare with the slight efforts we make.

Now, as we have for the last two weeks been feeling into the Spirit of the sound, it will be well for us to go back over our previous efforts to find and experience the Bond in the Spirit. You are no doubt continuing your entry into the "Cave of the Moon". If not, then go back over the Commentaries and begin again.

If you will compare your experiences of the last two weeks, with your feelings which follow your "Cave of the Moon" exercise, you may have revealed to you more Light on the Path. It is not for me to tell you what you will discover; I cannot do that. You must "Go and find out"! I can promise you, however, that if you faithfully continue, your success is assured.

After you have read this Commentary, read and re-read all the Commentaries which deal with Your Own Spiritual Breath and the Cave of the Moon. Then, continuing your practices in the Bond in the Sound as outlined in Commentaries Numbers One Hundred and Seven and One Hundred and Eight, try to find the connection, that lies hidden, between these three simple yet sublime practices.

The above will be your work for the coming weeks, for there is so much to be uncovered, that we cannot hurry. Let us build our house on the sure foundations of wisdom slowly but surely revealed, for that is the only way.

"Remember that the entire story of evolution is the story of consciousness, and of a growing expansion of the 'becoming aware' principle. Man in evolution is really only becoming aware of the unity which already exists."

THIS SPACE IS FOR YOUR OWN NOTES

Thus we feel for the Spirit which is within the Light in our own Spiritual Breath, we feel for the Spirit which is hidden in the darkness of the Cave, and we feel for and become conscious of the Spirit within the Sound and having felt IT we become One with IT. Having thus gloriously merged ourselves in ITS unity, we KNOW that THE BOND IS, and is holding us and all students in golden chains.

Let us keep our own golden link untarnished, that the beauty of our own Golden Chain of Mentalphysics may radiate its Light and attract to it the "toiling pilgrim" who seeks the Light that we have found.

I am purposely emphasizing and stressing the importance of the search for the FEELING of the Bond. 'Evolution is the story of consciousness'. We know that every Noble of the Light is many grades of Spiritual Consciousness beyond the average human. We can say this without having any sense of pride or egotism. We have found THE method whereby we can leave the masses, toiling slowly up the "screw thread" of race evolution and knowing the way, can as it were enter the greener fields which they may not see for many ages to come.

When we realize the stronger Bond that links us Nobles of the Light, then will the Path to the realization of the Unity in th ONE which is the ALL be made easier. As our consciousness expands so will the Light shine brighter of itself and readily embrace every living thing.

This is THE GOAL. To discard all sense of separateness and separation; to know that there is not you and me; to know that there is nothing that is mine, nothing that is yours or his or theirs; to know that there is not God and me, or God and you, but that ALL IS and I AM.

Does the road sometimes seem steep and hazardous? Do the obstacles seem insurmountable? Does fear prevent a bold attempt to go on and up? Then it is because of that same sense of separateness. Instead of looking on every step on the way as a part of the goal which has been attained, we see it as separate from the goal. The road and the goal are ONE. Seek inspiration by remembering the conquests you have made. Look down into the valley from whence you started.

(b) Watch and Pray!

Saith the Great Law:-

*** "In order to become the Knower of ALL SELF thou hast first of Self to be the Knower."

*** "To reach the knowledge of that Self, thou hast to give up Self to Non-Self, Being to Non-Being, and then thou canst repose between the wings of the GREAT BIRD. Aye, sweet is the rest between the wings of that which is not born, nor dies, but is the AUM throughout eternal ages."

In my many contacts with students, both personally and by correspondence, I find that many are still very, very human. I mean that the great truths that they are supposedly receiving and using through Mentalphysics have been apprehended but not comprehended. The intellect has received and recorded these great lessons, but the individual is not putting them into practice by trying to live them. Above all things this great teaching leads the earnest student to become a REAL HUMAN BEING. But a real human being is rarely met with. A real human being is God walking the Earth, perfect in body, controlling and using a perfect instrument through which I AM acts and expresses; powerful, poised and supremely intelligent in mind; blissfully at peace in Spirit.

THIS SPACE IS FOR YOUR OWN NOTES

NOBLE OF THE LIGHT, THOU ART THAT, BUT CANST THOU EXPRESS IT? ALL THAT I CAN DO IS TO SHOW YOU THE WAY. REMEMBER THE GREAT MASTER NOT ONLY SAID, "THIS IS THE WAY;" BUT HE ADDED, "WALK YE IN IT!" MENTALPHYSICS SAYS, "I AM THE SCIENCE OF LIVING, LIVE IT!"

Now, the merchant periodically takes stock of his wares and disposes promptly and vigorously of stock which is out of date, or which has not a ready sale. He knows that valuable space is taken up by such merchandise. Its presence in his store clogs the free flow of more profitable goods. The wise merchant is always 'taking stock' and always cleaning house. I find that most of the troubles of students are due to the fact that they are not good merchants. They still nurse many of their old mental habits. The emotions are in many cases still in control. Pride, the intellect, the human ego are still occupying the mind and influencing the thought streams.

Now, for the coming weeks I suggest that you "take stock". How to do it? Watch yourself. Watch every reaction that your mind takes in your contacts with other humans. Are you easily offended by the words or acts of others? Then see that you fortify yourself so that you are above taking offense. Says that wonderful old philosopher, the slave Epictetus, "If, then, thou art provoked, remember, it is thine own opinion that doth provoke thee." Go back to your Fourteenth Lesson in the Initiate Group Course and read there the answer. Then discard the retarding cause of your reactions and put Love in its place.

Are you an employer? Then see that your employees love you. Do not be the "Boss". No man is ever born with the right to be a "boss"! All great men have been leaders. Be the elder brother of your employees - that is your responsibility as an employer. Are you an employee? Then be a great co-operator. Your own thought determines whether your job is pleasant and remunerative, or hard and thankless. You and you alone, as you already have learned, make your own job. Is there still down in your consciousness a lurking fear that refuses to go? Remember that YOU ARE LIFE, Eternal, changeless; you will never die; you cannot. Most fear comes from the great fear that grips humanity, the fear of death. Banish it as you have been taught how. Have you overcome all physical disabilities? If not then seek for an old mental habit that is the cause. Be not afraid to hold the little self up to the Light of true knowledge.

*** "When to the World's turmoil thy budding soul lends ear; when to the roaring voice of the great illusion thy Soul responds; when frightened at the sight of the hot tears of pain, when deafened by the cries of distress, thy soul withdraws like the shy turtle into the carapace of SELFHOOD, learn, O Disciple, of her silent "God", thy Soul is an unworthy Shrine."

To you this week shall come greater peace, greater joy, greater love than you have ever felt, for you will be more conscious of the Love within the Bond.

Sincerely your Teacher in Fraternal
Bonds of Joy and Hope

Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Ninth Commentary.
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

110

THE WAY OF ATTAINMENT (27)

Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

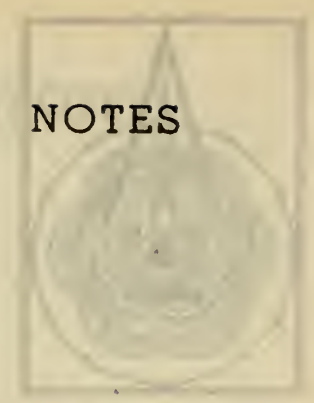
It is my hope that from your last Commentary you have gained a simple idea, which may lead you to profound discoveries within yourself, from the contemplation of the use of the eternal "O M." Speaking to an advanced student yesterday, who lives in the state of Washington, I was gratified to hear him say, "Ding Le Mei, everything that you teach confirms what I have read in scientific works - with this difference, that your explanations from the spiritual angle make it clear to me that Mentalphysics will one day become the great practical explanation of the scientific problems that today face the material scientist, and which he cannot completely explain because he does not know the basic reality of Life." This man is a professor of physics, and a widely read man. He went on to state that he had come to understand so much more of what he himself had been teaching through the central fact that is given us in Mentalphysics - that ALL expressions of life start from, and we have to go back to find them, at the central hypothesis that "GOD is ALL that there is."

Is it not true? When once we can unconsciously and consciously hold in mind the fact that "we see nothing BUT GOD" (For there is naught but God), then ALL is explained. WE know it; but while we know, we cannot define or explain it to others who do not know it, knowing that just as we had to work and sow the seed of the central Truth of Life in our own consciousness, so do they have to do the same. Take the simplest illustration: A dead body differs from a live body by the absence of a force which maintains its material arrangement or organization. After the removal of this force, the body, which has always been changing in minor degrees through life, starts to make drastic and rapid changes. YOU CALL THE FORCE WHICH CREATED AND MAINTAINED THAT BODY, LIFE. Of life there can be no question. You will not argue that a live body has not a very real difference from a dead one. If LIFE is real, then, ALL LIFE is related to the basic reality that men call God. In life, also, there is an attribute of Eternity, which is apparently absent in organized forms of matter which express the Life which is eternal. LIFE exists before its association with the matter which it quickens, . . it continues to exist after its association with matter.

Realizing this simple Truth --

**** We can then let our minds inform us on multitudinous phases of life. We can see that the LIFE of us - the ego, if you will - existed BEFORE we were born in this life and BEFORE it became associated with our present bodies of matter, just as you will continue to exist after that association . . . Thinking clearly on this simple Truth, we solve what seems to be the problem of "death" and "reincarnation."

THIS SPACE IS FOR YOUR OWN NOTES



**** We can see why there are so many distinguishing characteristics in different human beings - why our mental attributes and our physical expressions are different. The same LIFE, but different expressions of the One Eternal Force of Life, because we now have different individuality, and because we NOW have different individuality is because we HAVE ALWAYS HAD different individuality.

**** Human "death" is merely the termination of the association of an indivídual organizing force with a given quantity of matter.

**** Science has shown that matter, as human beings know it, is indestructible - it can only be changed, but never destroyed. This is known as the conservation of matter. A further step, the CONSERVATION OF ENERGY, is not yet universally accepted, but will in time be recognized as a basic truth.

**** In face of this, IS IT POSSIBLE TO BELIEVE THAT A FORCE OR ENERGY, WHICH IS CAPABLE OF ORGANIZING THE INDESTRUCTIBLE, IS ITSELF DESTRUCTIBLE? (In other words, it is easier to accept the conservation of life than not to accept it. . . LIFE MAY CHANGE IN FORM, BUT IT CANNOT BE DESTROYED!!) From this it is a logical step to the conservation of INDIVIDUAL LIFE. Here we see the proof of reincarnation and the eternal life of man.

(a) I Am in Eternity Now.

So much has been written on this subject that it is of the utmost importance that we work out for ourselves, through correct thinking, that we are actually here and now IN ETERNITY. I believe that every Noble of The Light will have so built this into his consciousness that there will not be any doubt in the matter; but if there be any lingering doubt about the destruction or change of individuality, consider how LIFE, by the infinite variety of ways in which it can organize identical matter, proves its own individuality. Individuality obviously is an essential characteristic of life - you are different from me, I from you - yet we are organized from identical matter. No two living men or women are identical, though their dead bodies have the same chemical formulae.

IF LIFE IS INDESTRUCTIBLE, NO REASON CAN BE ADVANCED FOR SUPPOSING THAT ITS MOST ESSENTIAL CHARACTERISTIC - INDIVIDUALITY - IS DESTRUCTIBLE.

Whether one calls this individuality the "ego" or the "soul" or the "spirit" - names do not matter - you can see that it is an essential of human life (a part of the Great Essentiality of Life Itself), and of course as permanent and indestructible as LIFE ITSELF . . . and we must surely at once admit that LIFE is indestructible. When I speak of individuality - your individuality, my individuality - I refer to the capacity for separate existence, manifested through matter. Just as when you are "alive", or associated with matter, you exist in a separate body, and I exist in a separate body, so, when you are "dead", or have served your connection with matter, you - that is, the individual organizing forces - exist as separate units. Of course, a good many people will follow me thus far and agree with me thus far, but they are inclined to ask, "Well, in what form do I exist after death so that I am distinguishable from others? What am I like? Why cannot I be seen, weighed, or detected by any human instrument?"

This seems to be a logical argument. Well, let us see. Every schoolboy knows that it is possible to create waves in the ether, or space, or whatever you may call the all-pervading medium of life. You can measure these waves - their length - and they

THIS SPACE IS FOR YOUR OWN NOTES

work your radio every day. Yet you cannot see them or touch them or hear them or weigh them. They can only be made perceptible to your senses by an instrument made of matter and called a radio or wireless set. Though they are all in this all-pervading medium, these waves have individuality. Waves from one station will cause your radio to express sounds different from those that come from another station, but the matter of which your set is made remains the same.

Just as the matter of which your radio is made is capable of expressing the individuality of any kind of wireless wave, so the matter of which all human bodies and brains are composed is capable of expressing the individuality of the life that is controlling it. While you are "Alive", your bodies and brains are analogous to a radio set permanently tuned to one station. THEY ARE EXPRESSING ONE INDIVIDUAL ORGANIZING AND CONTROLLING FORCE . . . What is the difference between matter and the force that controls it? (It is the Spirit that quickeneth.)

That which is called "space" is an all-pervading substance of which the Universe is "made", and through which wireless waves travel. Take this IDEA, if you will, and put it into any words that you care to use, but when once you have the idea, then you can see how Life expresses itself, and how Life cannot be destroyed.

YOU THEN CAN SEE THAT YOUR BODY, - AND IF IT APPLIES TO YOUR BODY, IT APPLIES EQUALLY TO EVERY ORGANIZED LIFE FORM IN THE UNIVERSE - IS "MADE" OF "CHANGED SPACE". THE "MAKING" IS THE CHEMISTRY OF LIFE ITSELF. LIKE CREATES LIKE. If we can see this idea in relation to the gross individualized forms of life such as a human body, we can imagine the same process in ALL the more subtle forms of life, so that we see that the process never stops, though the form may change - yet it need not change until we decide that it shall change, when we know the way to control the process of change. So, if it will help you, you may get your idea of "Space", and the "all-pervasion" of "space." But space is changed through the chemistry of life, and here we see a tree, there a star, there a human being, there a mineral, and so on . . . BUT ALL LIFE FORMS, IN BOTH THE "ANIMATE" AND THE "INANIMATE" WORLD ARE "CHANGED SPACE" - THROUGH WHICH RUNS ETERNALLY THE SPIRIT OF LIFE WHICH QUICKENS ALL INTO ITS DIFFERING FORMS.

This may be a clumsy way, and I admit not a technically scientific way of expressing it, but if we can gain the IDEA we shall gain the knowledge. All forms of life are changing, from the lower to the higher -- WE are human beings, made in the Image of God, and as such we retain our individuality for evermore, gradually growing, through the highest practices of human life, into celestial beings. But the Individuality changes not.

(b) We Are Now in the "Next World".

The "next world," you can see, actually pervades the earth, and is less gross and consequently more beautiful than the limitations of coarse matter permit. WHY? Because all the limitations imposed on us by matter are absent. If your lover "dies", you are desolate; if she goes away for a couple of days, you think nothing of it. In the case where she "dies", your grief is due to your sense of "time", and to nothing else. There is no time, we are in eternity NOW.

On earth, thought is our only creative force, but it is indirectly creative. It has to work on matter, through brains and hands and bodies and tools made out of matter. With matter removed, it is able to create direct. See, then, the importance of "losing ourselves to find ourselves"? We live in God, and God lives in us - we ARE God, but subject to the limitation of matter, if we elect to give matter that power;

THIS SPACE IS FOR YOUR OWN NOTES

but when we cease to recognize the matter and know only the spirit, when we cease to be bound by earth but live in heaven, when we learn how to transmute our humanity into divinity, then we ARE what GOD IS, and express as God expresses.

(c) Think - and Enlightenment Will Come.

My advice to you is to think on the truths that are embodied in words in this Commentary. Think upon them, and enlightenment will come.

When we begin to trace the truth of life, we find that our bodies are the Book of Life. When we have studied the Book and learned its truths, the body fades away into comparative non-importance . . as we proceed into The LIGHT of LIFE'S WISDOM, knowing that we ARE God in human form, we live then not on the earth, but in a world so far above the ordinary conceptions of ordinary human beings that this earth life, and all in it that is complex and apparently non understandable to the uninitiated mind, becomes "melted" for us by Wisdom, so that we come to see that WE ARE DIVINE BEINGS, not of the earth earthy, but of Heaven heavenly. We are the chosen ones, chosen to read the Truth of Life, and to live the Truth of Life, and by living it, to lift human beings out of their earth-bound dominion into regal co-partnership with the Lord of the Universe.

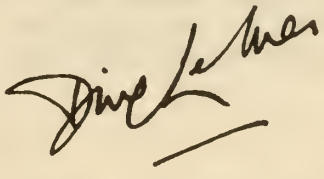
"AND HE SAID UNTO THEM, UNTO YOU IS GIVEN TO KNOW THE MYSTERY OF THE KINGDOM OF GOD BUT UNTO THEM THAT ARE WITHOUT ALL THESE THINGS ARE DONE IN PARABLES."

Change is the reality which lies in all forms and events which constitute the environment of evolving life And change in the Life Itself is consciousness.

This week spend much time in reading over and over again this Commentary, and then doing your own thinking into the secrets and feeling into the Truth. You will be able to amplify for yourself some of the conceptions which I have roughly outlined. I wish that it were possible for me to use words to explain ALL, but this cannot be done. But if I COULD rightly use words to express what is in my own mind, I am sure that I could, taking these rough ideas, coordinate them in such a manner as to prove to you that ALL IS GOD -- and that there is NAUGHT BUT God. This you must do for yourself, but when once you have come irrevocably to this conclusion, and have worked out the principle in your own consciousness, I feel sure that you will give grateful thanks to the Lord of Light for the impulses that strike into your consciousness and cause you to search into the wisdom of ALL THINGS, and hold fast to that which is true.

Peace be unto you. Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Tenth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

111

THE TRUE REALIZATION (1)

God—The Absolute.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In commencing this Commentary, I will, during the next few weeks, endeavor to lead you to a great crystallization of what we have been for so many months learning together. We have trod The Path in that courageous and invincible spirit which is superior to every weapon. Proof that you have come so far in Mentalphysics is proof of your courage and modesty, the unequivocal virtues which hypocrisy cannot imitate, and in the whole range of earthly experience no quality is more attractive and ennobling than moral courage. I am proud of you, and grateful . . . "I Give Thanks" for you.

And now that we are entering upon the final chapters of the Fourth Volume of your Commentaries, I know that we shall enjoy together the elaboration of the Great Scheme. I ask you at this moment to let these sheets fall in your lap . . . I ask you to hear the eternal hosannas ringing through your soul . . from out your memory, the guardian and treasure-house of all things, will come to you the celestial music to wash away the dust of every day life . . . the music of the soul before whose spell all language fades. You are happy and glad. You are grateful. You are reverent in adoration before the Wisdom that has guided us thus far together.

And in the quiet of your spirit, the only language you will hear, as you prepare yourself to consider the Mystery of Mysteries, will be the eternal command of Life Itself . . . LET THERE BE LIGHT - LET THERE BE LIGHT! The people who sat in darkness have seen a great light ; and to them that sat in the region and shadow of death light is sprung up.

(a) Let There, Then, BE LIGHT!!

THE LIGHT comes to us in three ways : (1) THE LIGHT OF THE SENSES ; (2) THE LIGHT OF REASON ; (3) THE LIGHT OF THE ILLUMINATION OF THE SPIRIT. And when all is said that can be said, and all done that can be done, the result will be that we come finally to read the Book of Life, in its seven Eternal Chapters, namely -

(1) GOD - The Absolute - God alone is true ; God alone is great ; alone is God. God the Changeless : All but God is changing day by day. God said : "Let us make Man in Our Image."

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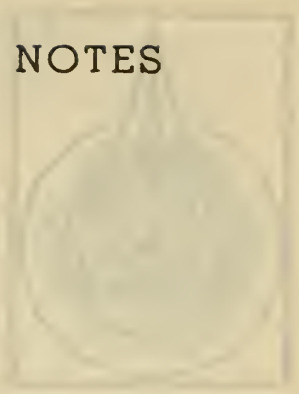

(2) LOVE – THE FIRST QUALITY – God is Love, and God is everything. When WE love we know God through his moving spirit in us. Love finds out all ways, for Love is the Mother of Wisdom. Without love, your life is less than nothing ; with love pouring through your heart, through right deeds, life is lacking nothing of the Light of Wisdom. Love is precisely to the moral nature of man what the Sun is to the Earth, and, while to love for the sake of being loved is human, to love for the sake of love is angelic. Riches take wings, comforts vanish, hope withers, courage falters, BUT LOVE STAYS WITH US, for LOVE IS GOD ; and when you and I come to KNOW that LOVE is ever with us, then riches are eternal, comforts overwhelm us, hope rises to cause courage ever to fly onward on the wings of our faith. Humble Love, and not Proud Science, keeps the door of heaven.

"Love is a child that talks in broken language,
Yet then he speaks most plain."

Love levels ALL things ; Love takes the shepherd's crook and lays it everlastingly beside the scepter. Love, being God, never reasons, but profoundly gives – gives, like a thoughtless prodigal, its all, then trembles lest it has done too little.

(3) LIGHT – Light is LIFE ; it is the symbol of Truth ; light, once kindled, spreads till all is luminous. As Light is Life, there is naught BUT Light, and Light thus is the first emanation (of God). It comes to us, as remarked above, First – In the light of the senses ; Second – In the Light of the Reason ; and Third – In the Light of the illumination of the Spirit.

Thus : God, the Absolute.
Love, the First Quality of God, whose universal motion makes Light.
Light, expression in and through Life, whose essence is TRUTH.

(4) TRUTH – The Essence of LIFE – The Truth of Life is God's works, embodied in HIS ESTABLISHED LAW. Truth means Freedom ; truth is ever-present, impossible of being besmirched or changed by any outward touch as is the sunbeam (or ray of LIGHT) ; consequently Truth never turns to rebuke falsehood, for one is eternal and of God, the other temporal and of man. AND TRUTH IS THE MEASURE OF YOUR KNOWLEDGE, leading you to WISDOM.

(5) WISDOM – Wisdom is the Silent Director of the ENERGY OF THE LAW. Wisdom is only found in Truth ; Wisdom is a science of all other sciences, and of itself ; Wisdom is of the heart, guiding the intellect ; and what health is to the body, wisdom is to the soul.

"Happy is the man that findeth wisdom, and the man that getteth understanding ; for the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies, and ALL THE THINGS THOU CANST DESIRE ARE NOT TO BE COMPARED UNTO HER. Length of days is in her right hand ; and in her left hand riches and honor. Her ways are ways of pleasantness, and all her paths are peace. SHE IS A TREE OF LIFE TO THEM THAT LAY HOLD UPON HER ; and happy is everyone that retaineth her."

(6) ENERGY – Energy, universal and unchangeable, is LIFE'S sole MOTIVATING PRINCIPLE. The universal energy of life (Think of Prana) comes to us in (1) Thought, (2) Feeling, and (3) Action, the three redeemers of human life. You see that

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ENERGY is never detached, and can never be separated, from LIFE ; and as LIFE is self-manifesting and self-perpetuating, so Energy multiplies itself by using itself, just as Light Shines of itself.

(7) MANIFESTATION - This is the culmination of Life, the "Works of God," visible and "invisible." Manifestation is Truth Made Visible ; it is heaven on earth - "the manna comes down out of heaven" ; it is Love made known ; it is God seen in Human Form ; it is the realization by Man of what he truly is - God in the form of his true divine being.

(b) The Seven Eternal Chapters.

These, then, my Beloved, are the seven eternal chapters of Life Itself. You can use other WORDS if you wish. If you have another word for "God", you may use it ; if you have another word for "Life", or "Truth", or "Light", or "Manifestation", you may use it, for I have no quarrel with you. But, no matter what words you use, the eternal sequence of the Eternal Idea must constantly emerge - and we shall ever be in equality of The Spirit.

Having placed before us the Book of Life, and seeing its seven chapters, how then am I to READ THE BOOK? Let us see.

This and the next six Commentaries will deal with the chapters ; thereafter we shall lay down instructions for ourselves as to the reading of the book, by going gratefully again over and over the blessings that come to us from The Father by which we may read . . . . thus --

(1) GOD, THE ONE IN ALL, THE FATHER, THAT :

(a) God IN You . . Known through your Imagination, your Source of Creation.
(b) God WITHOUT You . . Known through Your Subconscious Mind, Your Source of Power.

(You are advised to refer to your Commentaries in which the Seven Kingdoms are explained. Here you see that we have "God" and the "God Quality" . . the Ethereal Kingdom, which leads us on to the next step, under (2).)

(2) GOD IN MAN - and - MAN IN GOD :

(a) REASON and WILL . . . . . Your Source of Direction.
(b) Emotions . . . . . Your Source of Inspiration.

(This is where Man may triumph, for both the REASON and the WILL are under his OWN direction and control. We may, by virtue of the fact that Man is IN GOD, make of our OWN lives what they should be, and so LIVE IN GOD, and BE WHAT GOD IS. But the "enemies stand threatening around," and they come to us through FEAR. They need not be recognized, however ("non-recognition"), for that FAITH rises triumphant, causing us to rightly USE THE ENERGY, rightly DIRECTED BY THE WISDOM.)

(3) GOD'S EXPRESSION THROUGH MAN :

(a) FEAR - ITS RIGHT USE. (This is, perhaps, a new idea, showing how we may transform Fear into Faith, and make stepping stones out of stumbling blocks.)

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(b) FAITH - THE SEED OF WISDOM. (Every moment instructs and every object, for Wisdom exists in every form and particle of substance. Wisdom circulates in us through our very blood, and with our blood, it would seem that Wisdom is poured into us. Wisdom is like electricity, and our very blood is Light.)

(c) Candidate, Rise in Thy Might!

During the coming week, take this synopsis of coming Commentaries. Read and re-read, being happy as you contemplate again the ORDER of Wisdom Be happy continually. If I were you, I would during this week, make notes, so that, as your subsequent Commentaries come to you, you will be able to see how true your own thought is. Be like a little child. If the "adepts" are often addressed as "children", this is not a mere invented figure of speech, without any adequate cause, but has deep significance. For no one can inherit the Kingdom of Heaven -- i.e., DIVINE SELF-KNOWLEDGE, unless he becomes like a child.

How wonderful to think that LIFE is being stretched out before us like a beautiful tapestry. All of us know more than we knew before we entered Mentalphysics. To some the journey has been hazardous . . we may have lost our way now and again . . often we might have been inclined to turn back even —— BUT

WE ARE NOW DEFINITELY ON OUR WAY - how miraculous that I, unworthy as I have so often proved myself to be, am blessed so that I may learn, IF I WILL TO LEARN.

In leaving you, Noble of The Light, I send you only LIGHT, LIGHT, LIGHT. May this be a week of overflowing joy and brilliant aspiration. Do more this week. Be more this week. Crystallize your own thought into scintillating inspiration, and let the Light shine through you to others. Oh, see the wisdom of helping your fellow man -- how, and to what? I sincerely believe that no higher gift of heaven or earth can be offered than the love of Our Mother, Mentalphysics. Down through the ages yet to come the word Mentalphysics will rebound with light. . . will resound in the hearts and minds of countless thousands. WE, you and I, are progenitors of the New World. WE are the pioneers. WE are the chosen ones. Let us walk humbly and in unflinching faith onward to The Goal.

Peace be unto you this week - And Joy, and Peace, and Beauty, and Love, and Youth, and Power, and Charity, and such an outpouring of The Light that every man and woman who meets you will rise up and call you blessed.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Dinglehurst

Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Eleventh Commentary,
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COMMENTARY

112

THE TRUE REALIZATION (2)

LOVE—THE FIRST QUALITY

My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in the Bond.

You are now ready to enter with me into a few weeks of glorious realization for which we have been preparing ourselves through our faithful study of our Commentaries. Starting from the point of dense condensation, we have learned the transmutation process; we have learned to use it, to melt, mix and fix the "substance", so that, like the diamond, we have reached the point where the Light, coming from the hidden Fire radiates and discloses the Divine Nature of us.

When we, of our own Light, which shines of itself, become as the radiant diamond, crystal clear, concealing the hidden mystery of our Divine Nature in the blazing brilliance of our own radiation, we are approaching the Path of Transfiguration. Yet in the exaltation of the discovery we must maintain the deepest humility, for though "I AM THE CREATOR IN HUMAN FORM", yet am I also but a spark of the Eternal Fire.

> "Humanity is the custodian of the hidden mystery, and the difficulty consists in the fact that that which man conceals from the world is also hidden from himself. He knows not the wonder of that which he preserves and nourishes. Humanity is the treasure house of God, for only in the human kingdom, as esotericists have long pointed out, are the three divine qualities found in their full flower and together. In man, God the Father has hidden the secret of Life; in man, God the Son has secreted the treasures of Wisdom and Love; in man, God the Holy Spirit has implanted the mystery of manifestation."

Thus in our approach to REALIZATION we are led in the first place to contemplate the First Quality of the Father-Mother, the Son, which is LOVE. To unlock the mystery of this all-pervading force, present in the manifested creation and permeating infinity, we must approach through the doors of our own soul and, if possible, feel its Presence there. Yet in order to interpret our own feelings of its presence,

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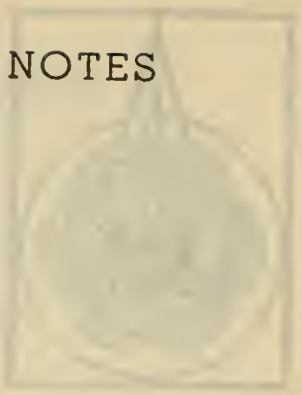

we must aspire to an understanding of its universality, its potency and the effect of its activity throughout that infinitesimal part of the universe of which we can become conscious.

We must realize it to be the desire of the Creator expressed through a force which is a Law, an irresistible, immutable Law. It is that force which causes the substance of the Spirit to be moved into forms which, in their ultimate perfection, will reveal the Plan of God in all its Intelligence, its Beauty, its Completeness. That Plan, in our present state of consciousness cannot even be glimpsed. Let us not then, try to mount too rapidly to the heights which are beyond the comprehension of our present state of consciousness. Yet we must, by our zealous striving, reach the Light and discover that the effort to attain to understanding carries its own reward. That which was hidden is revealing itself, for, unobstructed, IT shines of Itself.

(a) The Light That Is Love.

Have you not in the sublime moments of meditation lost all sense of time and space? Such moments are rare, yet when they take possession of us we dimly glimpse the Light, we "see naught but Light". Thoughts, words, have fled . . . Light is all that we are conscious of. So as we attempt to put our thoughts into cold words, we are conscious that ideas pertaining to the Absolute cannot be so expressed -- fourth-dimensional experience cannot be described third-dimensionally.

GOD THE FATHER-SPIRIT IS. GOD THE MOTHER-SUBSTANCE IS. This Being, ever active, moving within itself, upon Itself, expresses by its motion the Force which is Love, THE SON. This Trinity is ONE -- Father, Mother, Son; Spirit, Substance, Love. The WORD is ever going forth: "I AM!" The command ever IS: "Let there be Light". THAT LIGHT IS LOVE. No form appears that is not created by the Love which is the Son of the Father-Mother.

Thus creation is but the force of Love within the substance, shining through as Light. Every form is but the Light of Love made manifest. Love starts the nebulae; it forms the galaxies; the Light of Suns is but the Love of IT revealed. The planets shine by Light of Love, and all the kingdoms in the earth are but the forms of Love in Light. Thus, by the Light, is seen, through form, the Thought of God and by Creation can we read the Mind of God. In the Mind of God is naught but Love. The consciousness of God is Love, and God is all that is, Worthy Noble, therefore seek the Light; for when it shines through you and illumines your consciousness, you will find within its essence the Love that brings the Light to you, and you will know that "ALL IS LIGHT", and there is naught but Love that gives the Light. Then you will know that you are Love, and God is Love and you are God in human form.

You will then know that the Bond is Love. You will know that in the Bond you are knit to every living thing seen and as yet unseen. You will know that, as the consciousness reaches nearer the heights of the One Source, so will the Light shine with greater intensity and its Essence, Love, will manifest through you. You will feel that essence radiating from you so that you are compelled by its very presence felt within you, to love everything and everyone. For you will then know that YOU ARE LOVE -- THE SON.

(b) Love on Earth.

Read the foregoing slowly several times. Let the Spirit flood you with its Light as you feel the Presence of this irresistible force, called Love, surging through your

THIS SPACE IS FOR YOUR OWN NOTES

whole being. By Its Fire all dross is consumed. It is the supreme refiner. (Matt.3., 11-12; Mal.3. 2). When It possesses you, Noble of the Light, you will stand forth, the irresistible, conquering SON, and, being The Christ, you will be in the full consciousness of your true Being. You will know and declare, "I and the Father are One. I am the Creator in human form". Now, just as the light of the sun, in its contact with the various densities of matter is transmuted into lesser vibrations of itself according to the resistance of the substance which it meets, so does Love manifest throughout the earth in lesser phases of itself.

In the Mineral Kingdom it appears as the Law of Attraction, holding the atoms in various states of density and quality. We see it as that mathematical principle, which, throughout the evolution of the kingdom, maintains the beauty of forms which eventually emerge as crystals and the precious stones.

In the Vegetable Kingdom it appears in a higher form as the magnetic beauty and harmony which this kingdom displays. We see it here, too, as the principle of the "First Sacrifice", giving of its all to the kingdoms higher than itself.

In the Animal Kingdom, it, giving birth to Wisdom, which is the offspring of Love, appears as a growing consciousness in which Intelligence manifests as instinct, and the rudimentary emotions, the attraction of opposites -- mother love, the love of life, loyalty, the herd instinct -- show that the Light begins to appear and the soul has begun its awakening. In the higher forms, the domesticated animal, we see the birth of devotion, obedience to a higher will than its own, the desire to love for the sake of being loved and the giving of the self in service.

> IF WE HAVE EYES TO SEE AND A SOUL WHICH CAN FEEL, CAN WE TRACE THE BENEFICENT WILL OF THE FATHER-MOTHER THROUGHOUT THE LIFE OF OUR PLANET.

God's will to love meets with response in the life of every cell and begets a growing consciousness which inevitably evinces a greater awareness and a growing sensitivity until it emerges as the apex of all creation -- MAN.

(c) Love Through Man.

In Man is the potentiality to express the glory and the radiance of this transcendent power; through Man, God wills to reveal the Light that is Love: IN MAN SHALL THE SON BE MANIFEST. Worthy Noble, as you stand with me in the shadow of our Mother which has brought us to this point of realization of our destiny, can you wonder that the First Triangle in Mentalphysics is JOY -- GRATITUDE -- REVERENCE? In Mentalphysics we first sought the Light; in Mentalphysics we are feeling into the Light and discovering that IT IS LOVE.

As we look out on the world it seems impossible, from the behavior of mankind, to realize that underneath the chaos and turmoil IS LOVE. Yet it is Love that is causing the great upheaval. Let us not forget that Love is an irresistible force. If the response to its influx is in opposition to it, there must result to that which opposes IT, inevitable defeat in the effort to express the purpose of the Creator.

Noble of the Light, you have opened your heart to this great inflowing stream. You feel the moving Spirit of IT in every fibre of your being. Its Light has filled your mind with Its Wisdom. In finding IT you have been led over on and up through Its elemental stages of what is called human love. This dim reflection of the

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Reality to which you are destined to come, in most humans is but a short step from that instinctual love expressed in the animal. Many humans -- nay, most humans -- are still in this elementary state.

In the Plan of the Father this must needs be so. But human love must be transmuted into higher realms. Love of persons, kin and friends must expand. The mother must learn that her love for her children must lead her to love the children of all mothers. Human love, gloriously beautiful in its highest expressions must be refined; it must transcend the particular and partake of the Universal.

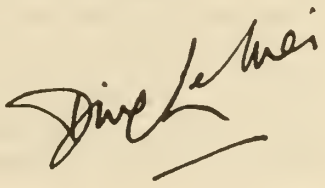
Can you not see that, free from the limitations of this beautiful and beneficent emotion, all power is ours? Until this freedom is attained The Christ cannot appear. Yet we must travel the lower road in order to reach the higher. We must learn to love those near to us before we can love MAN. We must learn to love MAN before we can know what it means to love God. We must surrender our life and all its expression through us to Love and Love alone. Love must be our Light and IT must shine on everyone. In the presence of ITS radiance within us no shadow can be upon us. Shining from us, no shadow can approach us. Its glory embraces those who come near to us and transforms them while it shines on them.

And then at last, the final barrier is melted, LOVE THE CONQUEROR takes full possession; we emerge from "The Cave of the Moon" into the glory of the Palace of the Sun . . . we KNOW that we are LOVE THE SON. "All Power is given unto Three". "In Thee shall all the kingdoms of the earth be blest". Noble of the Light, faint not nor grow weary in the search. It lies before Thee and within Thee! Forward into the Light!

To you shall come this week a greater realization of your joy in the duty of giving your all to every living thing. In that Joy shall your Light "so shine before men that they shall see your good works and glorify your Father which is in Heaven". Love, like a thoughtless prodigal, gives its all, then trembles lest it has done too little. Thus, and thus alone shall we Nobles of the Light bring into this good earth the full expression of the Brotherhood of Man.

You are Peace, Joy, Beauty, Wisdom and Love. May you rest in the feeling and consciousness of these, the qualities of the Father resident eternally within you.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



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End of The One Hundred and Twelfth Commentary,
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OM MANI PADME HUM

The Inner Chamber

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COMMENTARY

113

THE TRUE REALIZATION (3)

"AND GOD SAID, LET THERE BE LIGHT!"

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This week I want us to talk together upon Light - the Essence of Life, the Symbol of Truth. Like Milton, you and I stand before Life Itself, reverently, adoringly, in veneration, and declare, "HAIL, HOLY LIGHT, OFFSPRING OF HEAVEN'S FIRST-BORN!"

No doubt any longer exists in my mind that you understand the eternal SYMBOL of the ONENESS of LIFE, for we have had it presented to us in a thousand ways - we have seen it in the Ethereal Kingdom, in the eternal ESSENCES -- of God, of Love, of Breath, of Prana, of Thought, of all the energies and principles and laws of Life ; but in no way does it come more clearly to us than in our understanding of LIGHT. It is in the LIGHT OF US that we come to Know all the Laws of the TRUTH OF LIFE. "And GOD SAID, 'LET THERE BE LIGHT!'". . . . IN THIS COMMENTARY WE ARE TO CONSIDER TOGETHER THE LIGHT OF US.

(a) The Different Meanings of "Light".

The dictionary tells us that Light is that "form of motion or energy capable of affecting the organs of sight and thus rendering visible the objects from which it proceeds." The undulatory theory is that light results from rapid vibrations of the molecules of the luminous body ; that these vibrations are transmitted through the ether as wavelike movements at the rate of 186,400 miles per second ; and that these movements act upon the nerves of the retina, causing the sensation of light. The corpuscular or emission theory of Newton supposed that luminous bodies threw off corpuscles or particles in straight lines. The electromagnetic theory considers light to be an electromagnetic wave disturbance.

Then we have other definitions such as :

> "Illumination of mind ; instruction ; knowledge ; intelligence ; Joy, felicity ; a state of bliss ;" . . then luminosity, radiance, beam, gleam, phosphorescence, scintillation, coruscation, flash, brightness, brilliancy, effulgence, splendor, blaze, illumination, understanding, interpretation, and so on, and so on.

If you are interested, you may consult a good dictionary, or a Thesaurus, merely to gather the almost infinite meanings that the one word "LIGHT" gives - it will amaze you. And I daresay that, as you read and study these meanings, you will feel yourself coming to the conclusion that, at back of all the meanings, is the ONE ETERNAL COMMAND THAT LIFE IS GIVING TO EVERY LIVING THING, WHICH EMANATES FROM THE ETERNAL SINGLE LAW OF GOD, "LET THERE BE LIGHT". For you can see, can you not, that as soon as any living

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thing comes evolutionarily to that state where it expresses itself, the only command that is issued forth with its life, coming direct from the Center of the Centers, from the Single Eye of life, is "Let there be light!" With every breath that you and I breathe, and every breath that every living thing breathes, the command of the very breath itself is "Let There Be Light" . . . SEND OUT THY LIGHT.

(b) Light Spreads Till All Is Luminous.

In your 111th Commentary, it was said : "LIGHT IS LIFE : IT IS THE SYMBOL OF TRUTH; LIGHT, once kindled, SPREADS till all is luminous. As LIGHT is LIFE, there is NAUGHT BUT Light, and LIGHT THUS IS THE FIRST EMANATION OF GOD. It comes to us - First, in the LIGHT OF THE SENSES ; Second, in the LIGHT OF THE REASON ; Third, in the LIGHT OF THE ILLUMINATION OF THE SPIRIT."

We see Light BY MEANS OF light, and we know it to be the most wonderful of all visible things. Light is the first of painters, and, as Emerson once said, "There is no object so foul that intense light will not make it beautiful." So many wise men have remarked on Light as the first essence to which all living things look, for the reason that every living thing unconsciously desires more light - whether of the senses, the reason or the spirit. Our universe is beginningless and endless, and with every breath that we take, we may well feel within our souls Milton's immortal words --

"'LET THERE BE LIGHT!' said God, and forthwith Light
Ethereal, first of things, quintessence pure,
sprung from the deep ; and, from her native east,
The journey through the aery gloom begun,
Spher'd in a radiant cloud."

And again, as Elliot wrote --

"God said - 'Let there be Light!'
Grim darkness felt his might,
And fled away ;
Then startled seas and mountains cold
Shone forth, all bright in blue and gold,
And cried, ''Tis day! 'Tis DAY!'
'Hail, holy Light!' exclaim'd
The thundrous cloud that flam'd
O'er daisies white ;
And lo, the rose, in crimson dress'd,
Lean'd sweetly on the lily's breast ;
And, blushing, murmur'd 'LIGHT!"

Whether we turn to modern science, or religion, or philosophy purely as such, or any other study of essential things, we find LIGHT feeding upon itself, for we see things in the Cosmic Light, in the macrocosmic universe, by virtue of the microcosmic light of ourselves. All study of LIFE is by LIGHT, and all that we can study is the Life-Movement of the SPIRIT through the rhythm of things. Man is akin to the stars. Man is ever in the making, and you and I have never been cut off, nor can we ever be cut off, from our original kinship . . . you and I are in the upward ascent of the evolutionary spiral towards the development of our spiritual nature of LIGHT. Every star that lights the midnight canopy has its rightful (and inescapable) part to play in the Cosmic Whole, giving forth its light ; and in an identical manner we, you and I, are Centers of LIGHT, taking OUR part in the development of the universe through spiritual light. We are SOLAR ATOMS, if you allow such a term - centers of light, the rays that go from us to every other evolving living thing, being determined in its strength or velocity by our spiritual aspirations . . . in other words, we reflect the Light of Wisdom to the degree that we face the Light. YOU CAN SEE THAT MAN IS A

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MICROCOSMIC SPHERE OF LIGHT (therefore ENERGY) DUPLICATING OR REFLECTING THE MACROCOSMIC SPHERE, OF WHICH HE IS, SO TO SPEAK, A SINGLE CELL, MADE UP OF MILLIONS OF ATOMS HELD TOGETHER BY VIBRATORY LAW.

NOTE: It can clearly be seen why no two human beings can be exactly alike, for the unceasing play of Tattvic Force is constantly changing in the ebb and flow of the Great Holy Breath of Life Itself. Tattvic Force, as you will know, is the force that lies at the root of all manifestation, is the force that is used by the Mind of Life (of God) to create LIGHT.

(c) How You May Meditate on "LIGHT."

If I were you, having read so far, I would sit quietly and meditate on all the different aspects of this Great Truth outlined for you thus far in this Commentary.

You may consider LIGHT, and understand it better by meditating upon either of the following - or, indeed, some entirely different phase of Life ----

From the point of view of BREATH : Your OWN PHYSICAL Breath, your OWN MENTAL Breath. Perhaps you have gained sufficient control of your own Breath that it has been transmuted and become No-Breath. Thus you may know the LIGHT better when analyzing your Breath.

From the point of view of HEAT : You may be able to generate PHYSICAL HEAT in your own body, and thus, knowing what this heat is, to be able to know better the LIGHT that comes from the FIRE that gives the heat.

From the point of view of COLOR : The colors in Nature - the mineral kingdom (such as meditating upon your own ring). Perhaps the color of your own blood -- why is it the color that it is, what is the force of the Tejas Tattva (the Tattva of Fire) that causes it to be that color. Perhaps the color of a blade of grass, or a rose, or the color of the "sky", or the color of a star, and so on, and so on. Perhaps something outside of you, or perhaps inside your own body -- and so on, and so on.

From the point of view of Nature : The Nature of your own body, the movement of your own mind, or the feelings within your own body or your mind. All knowledge is FEELING, and FEELING is the interplay of the LIGHT of the Cosmic Light in your own consciousness. Perhaps something that has brought you into a great realization of Light in the "Me", or "Not Me".

From the point of view of the Senses : Such as the sense of Touch, or Sight, or Hearing, or Tasting, or in any other real or apparent way.

From the point of view of the Reason : Perhaps you may have been giving yourself over to the scrutiny of your own Reason - how you reason, why you reason, the net effect of operations that cause you to reason --- and so on. You feel the LIGHT of Wisdom very keenly if you have grown into the practice of analysis of the processes of reasoning. And so on, and so on.

From the point of view of Spiritual Feeling and Understanding : You have become aware in your Meditation of great LIGHT which, at first, is understood through physical feeling of it, then by mental cognizance, then by that all-absorbing spiritual "sea" of Light.

Note: It does not matter HOW you get the understanding, so long as you employ the easiest means by which you may start the current of Light within your consciousness. When we approach the spiritual side of our natures

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it is not possible for any Teacher to tell you what to do and what to expect - that is your own work, and may you be richly rewarded by growth on the spiritual plane of your life.

(d) Where the Teacher Essays to Advise.

"If we work upon marble, it will perish ; if on brass, time will efface it ; if we rear temples, they will crumble into dust . . . But if we work upon immortal minds and imbue them with the principles, with the just fear of God and love of our fellow-men, we engrave on those tablets something that will brighten to all eternity." What wisdom Webster spoke in those few sentences!

Only as we work upon our own minds, shall WE engrave on the eternal tablet of the Immortal Spirit.

So far as WORDS can convey Truth, you have already in Mentalphysics learned much about THE LIGHT OF LIFE, which you ARE. You need to grow in The Light? Then the best general means to insure the profitable employment of your time and energy is to accustom yourself to living in continual dependence upon that LIGHT OF THE WORLD that lightens the mind of every man that cometh into the world -- receiving, and watching so that you KNOW what and how to receive, whatever "He" is pleased to bestow. . . considering "Him" in every emergency requiring instant action. . . so that, at the exact point at which you stand in the great universal hierarchy of Universal Light, you do naught to "short" the current that will either take you onward or backward, as YOU DECIDE.

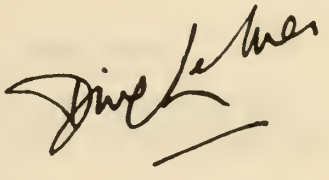
It should be your work, as a genuine Noble of the Light to raise, first, your OWN Life to the zenith of the Light that you are capable of facing ; second, to so harmonize the practice of the USE of the Light that it shines of itself upon every living thing that touches your own life, as the microcosm and the life of Every Living Thing that, through abstract principle, you touch in the macrocosm.

May the study of this present Commentary bring you great joy! May LIGHT, in all its unsullied effulgence, enlighten thee. May LIGHT, like the divine humidity that it is, bathe thee in its waters. May you know Joy and Love, your own life be full and abundant, overflowing to every other living thing that you are capable of helping along The Path.

This week shall be a week of great inspiration for you. Think much of Ding Le Mei. Think of us all here at The Institute. Rise this week to The Heights, fearful, yet unafraid. . . And in the bliss of that sweet contentment that will pervade thee, mays't thou renew thy vows and enter once again into the sacred haven, knowing only LIGHT. And in that Light, shalt thou find peace, for peace dwelleth within thee . . thou art made In The Image, and BY THE LIGHT THOU SHALT ALONE SEE THINE IMAGE.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



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OM MANI PADME HUM

The Inner Chamber

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COMMENTARY

114

THE TRUE REALIZATION (4)

"TRUTH—THE ESSENCE OF LIFE".

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

We approach this week, with joy and courage, the contemplation of that, "than which there is naught higher" - TRUTH. TRUTH, the vision which all are seeking to glimpse. TRUTH, the ultimate revelation towards which the whole universe is speeding in its majestic, exalted onward course. When the faintest glimmer of it blazes into our consciousness we stand spellbound, breathless, and for the moment, like Paul, blinded by its glorious LIGHT. Recovering, we are transformed and never again the same.

Small wonder is it that ye Nobles of the Light maintain your zeal in your daily action, and with me travel onwards, patiently and persistently towards the Light. We have at times felt the surging power within urging us ever onwards. We have bathed in the golden Light which has given us renewed strength to press onward towards the GOAL. We have rested together in the high valleys of the foothills which we have climbed.

The vision is ever before us and will ever be so. To know and feel that there is a vision is the first step towards true realization. When that first faint inner voice bade you join other seekers and kneel at the feet of our mother Mentalphysics the joyous journey was begun. Then you became assured that there was a vision, and that you had found your guide. The guide has led you to your Sunrise, and the Light within you has revealed the vision of the Sun behind the Sun.. . . LET YOUR LIGHT SHINE! "Where there is no vision the people perish," yet having the vision only, without letting the Light of it shine in serving our fellow man, we profit nothing.

(a) What IS Truth?

What is TRUTH? Let the great Master answer as he is said to have done:

*** "Truth is the only thing that changes not. In all the world there are two things; the one is truth; the other falsehood is; and truth is that which is, and falsehood that which seems to be.

"Now truth is aught, and has no cause, and yet it is the cause of everything.

"Falsehood is naught, and yet it is the manifest of aught.

"Whatever has been made will be unmade; that which begins must end.

"All things that can be seen by human eyes are manifests of aught, are naught, and so must pass away.

THIS SPACE IS FOR YOUR OWN NOTES

"The things we see are but reflexes just appearing, while the ethers vibrate so and so, and when conditions change they disappear.

"The Holy Breath is truth; is that which was, and is, and evermore shall be; it cannot change nor pass away.....

"Man is the truth and falsehood strangely mixed. Man is the Breath made flesh; so truth and falsehood are conjoined in him; and then they strive, and naught goes down and man as truth abides." ---Aquarian Gospel.

You have no doubt spent a very profitable week in meditation upon the Light of you as I advised you to do in the One Hundred and Thirteenth Commentary. If you have done so, there must have come to you in your Light, and by its illumination of your consciousness, an expansion of the Vision that awaits everyone. Within you there has come a feeling of greater power, an expansion of the consciousness towards the realization that YOU ARE TRUTH.

You have felt that the form in which you function on this plane of lower vibration has within it and IS truth in its essentiality. Knowing that you are Truth itself, the nearer the Light leads you to the clear vision of what is Truth, the more perfect does your body appear and function. The dense physical body in the Light of the Truth of you reflects with greater clarity your consciousness of TRUE BEING and daily it becomes more and more a radiant Temple of Light, "the Temple of the God that lives within me; of the Truth that I AM."

Thus the sight of the eyes becomes perfect as the Inner Vision of the Truth of you becomes clearer. "The Creator is within me, looking out with PERFECT VISION on the Universe - its Perfect self made manifest in form - through my PERFECT eyes." In the Truth of the Inner vision, the physical instrument, through which the physical mind perceives, the eye, and the sense of sight for which it functions must be Perfect.

Again, as the vision of the Truth becomes more and more a part of the consciousness, so does the soul respond from within, and ITS Light shines more readily so that the eye becomes the open window through which the Light of the soul shines with the new found radiance of THE SOUL, THE TRUTH of which you are a part.

Let your Light, the Truth of your inmost Being, shine before and upon all men, through the smile and the love in your eyes. Let every day be one in which the Light, the symbol of the perfect Life you are, so radiates from you that glimpses of your vision may be felt by those whose Light is darkness. Thus will your Light feed upon itself and radiate with greater intensity upon your vision which will thus be made clearer to you.

Then, peacefully contemplating whatever comes to you as a glimpse of the TRUTH of you, there will unfold an understanding of its meaning. There will evolve a greater comprehension within you. You will not only SEE the Vision in your Light, but you will comprehend the Will which causes the Vision; you will hear the Sound in the Light that is the Word. This comprehension of the Word that brings the Plan into manifestation in the outer, will be followed by a keener sense of hearing, for "The Creator is within me - is the Truth of me - listening to the sounds - the music of the Word - of the Universe through my perfect ears."

SO, LIVING MORE AND MORE IN THE WORLD OF MEANING, AND LESS AND LESS IN THE WORLD OF APPEARANCES WE MUST MANIFEST MORE AND MORE OF THE TRUTH OF US ON EVERY PLANE.

The whole body, the form which the Truth of us has manifested on this planet, must become a reflection of whatever of Truth we can see and comprehend as being within us.

THIS SPACE IS FOR YOUR OWN NOTES

ready to receive. . . . NEVER FORGET, O Noble, that it is there to be revealed to you. And just so far as your aspiration to find it is aflame, and your will and zeal burn with intensity, so will the reward be.

No matter how man may try to do so, Truth cannot be defined nor can it be described. It can only be felt. We may say that IT is OMNIPOTENCE, yet we have no conception of Power. We say IT is OMNISCIENCE. Who can lay claim to KNOWLEDGE? And what grasp can we have of OMNIPRESENCE?

IT IS THE FIRE THAT BURNS WITHOUT CONSUMING. THE LIGHT THAT CASTS NO SHADOW, AND SHINES OF ITSELF. . . THE FORCE THAT HAS NO CENTRE. . . THE SPACE THAT IS NOWHERE. . . THE TIME THAT HAS NO MEASURE. . . THE MIND THAT HAS NO THOUGHT. . . IT IS THE SOUNDLESS SOUND, THE CAUSELESS CAUSE. . . IT IS THE ALL, YET IT IS NO THING. . . IT IS THE ONE ABOUT WHOM NAUGHT MAY BE SAID. . . . IN REVERENCE WE BOW OUR HEADS BEFORE ITS MAJESTY, YET IN THE SILENCE OF OUR SPIRIT WE ARE FILLED WITH JOY IN THE KNOWLEDGE THAT WE ARE THAT.

Within you and within me burns the Eternal Fire. Within you, as you have discovered, is the Light that shines of itself. The Force that is Life, the time that is Eternity, the Silence that is the Sound of the Eternal music. Again I exhort you to LET YOUR LIGHT SHINE! We are THAT; let us ever strive to express It.

Words fail us as we try in such a feeble way to write and think of the ever-revealing, glorious SELF of us. Noble of the Light, we should ever dwell within the protecting bounds of our triangle. Let us feel as never before that we are JOY, GRATITUDE and REVERENCE.

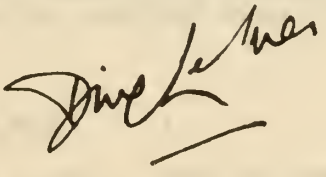
So, during the coming week, shall we give ourselves in our own quietude, to the joyous contemplation of the Vision ahead? Let us meditate upon the immutable laws that govern our emergence into the Light of us. These laws are at work in every human; they are immutable and always in action. WE LEARN TO USE THEM THAT OUR PROGRESS MAY BE ORDERED AND SPEEDY. Others, knowing less, are chained to the wheel of evolution, that long and weary way that those who do not know must travel.

May you during the coming week "LET YOUR LIGHT SHINE!" Express in your everyday activities all the Light that you have been able to glimpse in the vision. Drop all sectionalism, nationalism, ideas of racial and political differences and think only in terms of the one family, the ONE HUMANITY WHICH IS THE DIVINITY.

Make sacrifices of time and money or whatever you have to give to spread your Light, which is the reflection of the Light of our beloved Mother, to those who will listen. Lose sight of your own affairs; sink them in the urgency of the day, for never in the history of the world has there been such need for the spread of spiritual enlightenment. Think not of the reward; that is assured. Only in the activity of the effort to help others will THE TRUTH OF YOU become known to you.

To you this week, joy in your efforts, peace as the aftermath, and greater Light upon the Path.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



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COMMENTARY

115

THE TRUE REALIZATION (5)

WISDOM—THE SILENT DIRECTOR OF THE ENERGY OF THE LAW".

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your Commentaries Nos. 111, 112, 113 and 114, we have dealt with

GOD - The Absolute
LOVE - The First Quality
LIGHT - Of the Senses, of the Mind, of the Eternal Spirit
TRUTH - The Essence of Life

And in this Commentary we are to deal with "WISDOM - The Silent Director of the Energy of The Law".

Wisdom, we read, is above price, more precious than rubies; it is the health of the soul; it adorns riches and shadows poverty; Plato said that wisdom is alone a science of other sciences and of itself; wisdom is that which holds all forms together; what health is to the body, wisdom is to the soul; Wisdom cannot be exaggerated - it is the highest achievement of man. Wisdom is the impelling power behind THE LAW OF LIFE, and when LIFE is expressed perfectly, the flow of Wisdom is not stemmed or changed.

You see, do you not, that WISDOM, shining through LIGHT (the light of the senses, the light of the reason, the light of the Cosmic Spirit), is that which is embodied in the ENERGY OF LIFE, whose action, directed by WISDOM, brings into manifestation the PERFECTION OF LIFE.

AND THE DOORSTEP TO THE TEMPLE OF WISDOM IS A KNOWLEDGE OF OUR OWN IGNORANCE. . . . . Of MYSELF I can do nothing, but "I and My Father are One!" WISDOM is the "touchstone of Life"; when we are truly WISE, then perfection is ours on ALL planes - in the physical body, Health; on the mental plane, Joy; on the spiritual plane, that Peace that passeth knowledge.

(a) Wisdom Directs the Father's Will.

A wise man said, "Look about, my son, and see how little wisdom it takes to govern the world". I would advise you to meditate upon this sentence. How little wisdom it takes to govern the world! It is axiomatic that all that "the world" is made of, in

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the final analysis of Truth, is WISDOM. Wisdom is ever-moving, in its motion ever directing. Directing what? Directing ALL THAT THERE IS -- from the microcosmically small to the macrocosmically great. Stars sweep and question not, - because WISDOM directs their movement. Similarly, "I am perfect even as the Father which is in heaven is perfect" - why? Because, in very Truth, The Father is the author of Wisdom; Wisdom is his movement; I am in the Father and the Father in me - therefore, Wisdom is MY movement; when I learn how to relax into it, to feel within it, to be bathed by its pure waters, to know that I BECOME WISDOM MOVING, then I am FULLY that which does the Father's Will --- "whatever the Creator is, I am."

In his powerful expression of wisdom so strongly told in words, Epictetus said: "He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has". He might have added that, rejoicing for those things which he has, he automatically becomes manifestor of and possessor of those things which it seems he has not. In seeking wisdom thou art wise, but to imagine that thou hast attained it makes you a fool.

My Beloved, it is idle for me to think that I can write on these sheets that which will bring YOU Wisdom. That, none can do for thee. But if what comes to you hot through my fingers direct from the moving Spirit of Life - which IS Wisdom - can cause you to generate the feeling that thou art WISE IN IT, then indeed, shall my service have been rendered to thee. He who HAS wisdom and EXERCISES wisdom exercises the knowledge of God. Wordsworth wrote that "he is oft the wisest man who is not wise at all." Another writer said that "a man cannot learn to be wise any more than he can learn to be handsome." WE must know LOVE to be wise. IT IS LOVE alone that courts Wisdom . . . but if, as Decker sang, thou kiss Wisdom's cheek and make her thine, she will breathe into thy lips divinity, and thou, like Phoebus, shalt speak oracle.

Yea, LOVE - The First Quality of the Absolute, alone can court wisdom. None can be wise for his OWN sake - and yet, peculiarly, in the beginning, that must be (and indeed can only be) the sole key that will unlock the secret door to the inner palace of Life whence Wisdom dwells. With all our heart, we must DESIRE Wisdom.

(b) We Must DESIRE To Be Wise!

As the human heart must beat that we may express Life physically, so our soul can live only by its own heartbeat - which is Desire. "If with all your heart ye truly seek me . . . " -------- "O, that I might have my request, and that God would grant me the thing that I long for." DESIRE is a spiritual quality - I question whether we ever desire ardently what we desire rationally . . . Desire seems to be something within us that is connected up with the soul of us much more than with the reason of us.

Should our desires be weak or "wrong", these unlawful desires punish us after the effect of enjoying - and thus, finally, WISDOM moves into us by the gateway of suffering. As long as the heart preserves unlawful desire, the mind preserves illusion, but when the one burning desire of the heart and mind has been so purified by the fire that melteth all things, then Wisdom comes to linger and instruct us.

Columbus dreamed of an unknown world, staked his life on his belief, had courage to embark upon uncharted seas out into the unknown world, and DISCOVERED IT. So, O Noble Candidate, must it be with thee. Thou has visions of thine own complete 'becoming' -- becoming what? Becoming ONE in and through and by and for and with THAT WHICH IS. Thy

THIS SPACE IS FOR YOUR OWN NOTES

little Light, reflected to thee by the Omnipresent Wisdom of Life, inspireth thee to gain to lose, to lose to gain . . . to live to die, to die to live . . . to have to give, to give to have . . . to lose thy human entity in thy divinity, to lose thine own divinity in THAT - in God, in Life, in Love, in Light, in Wisdom, becoming that which thou truly ART.

*** To LOSE thy life, knowing that of thyself thou ART nothing and KNOWEST nothing, is the beginning of Wisdom -- this is the sum total of all our learning so far in Mentalphysics.

When our Desire is intense, we find Faith, and when Faith comes into the picture Reason has to bow to everything that is above it . . . Imagination takes charge, and Wisdom welcomes us.

(c) We Must Know That Wisdom Is Our Life.

We have no fear for the man who DESIRES TO BE WISE. On ALL planes of existence DESIRE transforms itself into its equivalent in manifestation. Guard, then, thy desires! I desire riches, fame, . . . WHAT do I desire? TEACH ME THY WAY, O Lord.

TRUE DESIRE to be wise causes us to be wiser today than we were yesterday, wiser tomorrow than today. 'Tis the mind that makes the body rich; 'tis the soul that makes the mind of peace. We GROW in wisdom, for it always comes unseen - though through our lives its work is clearly seen. So, let all us Nobles of the Light rejoice together, knowing that at last, through that unquenchable desire for self-mastery and self-unfoldment, we desire to be wise.

And THINK! When all men DESIRE to be wise, how little wisdom it takes to govern the world. When men desire not to be wise, society is corrupt, making a multiplicity of laws - all to be broken. But when men are wise, they ARE the LAW, requiring naught but that burning spiritual quality to keep them constantly awakened, constantly desiring wisdom, constantly living in the true fear of The Law, which is the beginning of Wisdom . . . . And, My Beloved, as I write this to you, I seem to FEEL that, though the WORDS are commonplace and the sentences lacking in symmetry and audacity, there will flow through the spirit of me to you that holy, holy spirit of GRATITUDE to LIFE ITSELF, from whose bounty of purity we feel the inspiration to be wise.

(d) We Must Know the Silence.

To BE wise, we must know the Silence. It is true that words are the voice of the heart, but we must also remember, as I think Goethe said, "the rabble also vent their rage in words".

The deepest life of Nature is silent and obscure - so with ourselves, we KNOW most when we are silent. I remember as a boy reading from Pythagoras: "It is better either to be silent, or to say things of more value than silence." I am sure that as you review again and again this Commentary you will see, as I see who am writing it, that all that we have learned so far in Mentalphysics, is teaching us WISDOM.

This week, then, I would consider WHAT WISDOM IS.

*** I would consider the physical side of my life, and see how, established in Wisdom, your health and general well-being is perfect . . . the universal Force of Life expressing itself in your body uninterruptedly flows in its perfection.

THIS SPACE IS FOR YOUR OWN NOTES

Think of, and make record of all the different phases of your physical life that you can think of - health, vigor, strength, power, potency, efficacy, force, might, vitality, robustness, soundness, virility, energy, activity, power, and many other words which will bring you ideas. Write them down, and consider every phase of WISDOM in your perfect body.

*** I would then consider what the effect of WISDOM is in the mental side of my life . . . How WISDOM causes you to know, through your mind, The LAW of existence, relation, quantity, order, time, change, causation and all the abstract relations; how the whole classification of the universe is made clear to you through Wisdom - of space, matter, intellect, volition, the affections, and so on; make your own comment for yourself on your own POWER TO THINK, and how WISDOM guides and upholds you . . . THE WHOLE WIDE REALM OF NATURE AND SUPER-NATURE OPENS BEFORE YOUR MIND AS YOU CONTEMPLATE THE PRICELESS POWER AND LOVE OF WISDOM.

*** I would consider the effect of WISDOM in your Spiritual life . . . bringing you THAT PEACE THAT PASSETH KNOWLEDGE.

(It would serve no purpose for me to instruct you what to do in this review or how to carry it out, but WISDOM HERSELF WILL GUIDE YOU.)

(e) I, Wisdom, Express Life.

*** SO THIS WEEK YOU WILL BE ABLE TO TAKE YOURSELF HEAVENWARDS, UPHELD BY WISDOM, the great director of the Energy of The Law. Peace will accompany thee. Joy will sustain thee. Truth will embosom thee. Light will bathe thee in her illumination of divinity. Love will silently wait upon thee. AND YOU SHALL KNOW GOD.

Reading the Book of Life within thyself, thou shalt be ever blessed. Climb the mountains and get their good tidings. Feel the winds of wisdom blowing their freshness upon thee. And as, alone, thou art companionable to Wisdom, she will cause all thy cares and griefs to fall from thee like the leaves of autumn. And during this coming week of bliss, bless Every Living Thing . . constantly Give Thanks to our Mother Mentalphysics . . be near in spirit to him who now communes thus with thee . . know that thou art chosen as the Sun of Righteousness . . FEEL the joy of Life and know its Love.

*** As I leave you this week, I urge you to KNOW that, in the ever-moving WISDOM of Life, you move about the world as an Immortal among mortals to whom the secrets have not yet been revealed.

*** I, WISDOM, WALK OUTWARDLY AMONG MORTALS ON THIS EARTH . . . BUT IN REALITY I WALK WITH THE IMMORTALS OF A HIGHER WORLD *** I AM OF THOSE WHO KNOW THE LAW. *** WISDOM WALKS AND TALKS THROUGH ME. WISDOM SEES AND HEARS AND FEELS AND ACTS THROUGH ME -- I AM THE SILENT WATCHER IN THE SILENT SANCTUARY, THE PATIENT HUMBLE OBSERVER, OBSERVING THE OBSERVED.

*** I AM GOD IN HUMAN FORM, DOING THE WILL OF UNIVERSAL DIVINITY AND I KNOW THAT THE KINGDOM HAS COME, AND THAT I AM IN IT.

*** I GIVE THANKS --- I AM HAPPY. ETERNALLY I STAND IN REVERENCE -- IN ADORATION -- IN VENERATION OF THE LAW.

Peace Be Unto You For Evermore.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Fifteenth Commentary,
Inner Chamber.

Dine LaMai

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

116

THE TRUE REALIZATION (6)

"ENERGY—The Sole Motivating PRINCIPLE of Life"

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

In our consideration of the activity of the Creator within Itself, whereby IT reveals Itself as LIFE, this week we approach nearer to the source of all living things. We have learned and let us hope have begun to realize the one greatest, fundamental and only truth – that God is ONE SUBSTANCE in which moves ONE FORCE or ENERGY. There is in the universe, manifest and unmanifest, but one substance. The thought, the energy within the substance, by "creative fiat" causes the substance to take the form which we call the Universe and which is God EX-pressed. . . . Energy, rightly used, conquers all things, and as we all have energy we cannot be deprived of it. The energy in which we live, and which is embodied in us, will do anything that can be done in the world, and, as Goethe remarked, "no talents, no circumstances, no opportunities will make a two-legged animal a man without it". I – and you – should act with as much energy as those who expect everything from themselves; and we should pray with as much earnestness as those who expect everything from God. That kind of man never fails.

LIFE, then, is that expression in form of this ONE ENERGY, which reveals the Creator. It is never static, for behind it and within it is the energy which causes it to be ever-moving and ever expressing more of that which we call GOD. You, guided by the hand of the Wisdom within our Mother Mentalphysics, have learned how to contact and become more receptive to this energy. As your consciousness of it expands, so do you enjoy and control more of Life.

The more we endeavor to become conscious of the ABSOLUTE ONENESS OF ENERGY the greater will be the inflow of this motivating energy of Life, and naturally the more of Life we shall express. LIFE ITSELF IS AN ORGANIZING ENERGY OR FORCE WHICH CAUSES THE SUBSTANCE TO BE BUILT UP INTO THE MULTIFARIOUS FORMS WHICH EXPRESS THE CREATOR.

*** "Each Son of God can say: I am born of the Love of the Father for the Mother, of the desire of Life for form. I express, therefore, the love and the magnetic attractiveness of the God nature, and the responsiveness of the form nature, and am consciousness itself, aware of Deity or Life."

*** "Each intelligent point of life can say: I am the product of intelligent will, working through intelligent activity and producing a world of created forms which embody or veil the loving purpose of Deity."

THIS SPACE IS FOR YOUR OWN NOTES

*** "Each vibrating unit of energy can say: I am a part of a divine whole, which in its septenary nature expresses the love and life of the One Reality, colored by one of the seven qualities of the love of Deity and responsive to the other qualities."

(a) The Way to Realization.

True realization of the Energy of Life can only come by meditation and contemplation upon the absolute unity which embraces us within Itself. We, in our search to discover what we are, must first accept this principle intellectually. Then, using the priceless methods brought to us in Mentalphysics, we become convinced. The conviction grows into our consciousness until we feel. Feeling, we know; and, knowing, we are aware. All life is marching on towards the final revelation that "Man is God in human form". When you and I are AWARE of this we shall express it.

Man's first knowledge of this energy comes through contact with the outer universe of forms through his senses. We look out on this glorious visible Nature and become conscious that Life is enacting some great scheme. We see growth and decay -- of the form -- everywhere; beauty, order, rhythm, appear in the myriads of forms which Nature creates, impelled by this force which motivates the universe.

Noble of The Light, if you have not begun to realize the incomprehensible immensity of THAT which is within you and which you are destined to reveal, then give many days to the contemplation of its activity as it appears in Nature. Go out into the fields and see and feel it at work in the grass, the trees and the beautiful flowers. If you can become en rapport with That Which Is within a single blade of grass, you will feel IT within you instructing you into its own mystery.

If you cannot feel within you a glorious thrill of response to the music of the mocking bird's flute, the chirp of the cricket, the whisper of the evening breeze, then train yourself into an appreciation of the harmony which this all-pervading energy expresses in sound. But, Noble of the Light, I know that you do feel its response within you; that I have through these Commentaries brought to you the way and the means whereby that finer appreciation of the more subtle energies expressed by Life through its forms has come to you.

The physicist seeks to solve the riddle of this energy by searching in matter by means of instruments. Great advances are being made; instruments and machines of greater sensitivity and power appear in their fields of research frequently; new discoveries are announced, yet the riddle will never be solved in this way. No matter how fine the instrument and how learned the scientist, whatever the instruments reveal can only be interpreted through the five material senses of the human using them. This search is good, and eventually will lead the scientist into the super-sensual field of the soul, the field of the occultist, and when this occurs religion and science will have joined hands.

Review your Commentaries and read over again all those which deal with Prana and the effects of the interplay of its many qualities within yourselves. While you have advanced to a point where you no longer have to give much consideration to the condition of your physical body, yet in considering the vast subject of the Energy which motivates all Life, it is well to know and feel and direct its action within the body. You know that Life on the physical plane is sustained by Solar energy; that the body must be fed and we must put into it in the form of Solar energy as much as is necessary to maintain it in the perfect state.

THIS SPACE IS FOR YOUR OWN NOTES

The microcosm is but a replica of the Macrocosm. When we know somewhat of the action and the effects of tne energy within the microcosm we are on our way towards a realization of the infinite beauty and variety, the mathematical and scientific order of it as we see its expression within the macrocosm. We must perforce then "stand in reverence as we approach the Throne Room where IT, our OWN GREAT SELF, resides in all ITS Glory and Majesty.

(b) Energy Is Indifferent - You Direct It!

When you sit down to your next meal (and I hope that you are still wise enough to "give thanks"), think of the variety of the qualities of the Solar energy contained in every cell of the foods you eat. Consider the process whereby "this Temple of the Living God" takes for its many uses and needs the Prana contained within the food. Then contemplate the many sources from which the food came. The plants, the soil, the water, all aiding in converting, by their living, the Solar energy.

These are but a few hints to you by means of which you can lead yourself, by expanding the ideas contained in them into greater and happier realization of the beauty of the activity of Life. You must inevitably become more joyous, reverent and grateful as the truth of the unity of the whole of creation becomes more real to you. From this it is but a short step to the realization that you, Noble of The Light, have within YOU, because you are the Creator yourself, the potentiality of understanding, knowing, using and controlling this all-pervading energy.

> FORGET NOT, HOWEVER, THAT IT HAS WITHIN ITSELF BOTH CONSTRUCTIVE AND DESTRUCTIVE QUALITIES. IT WILL BECOME ONE OR THE OTHER ACCORDING TO THE USE TO WHICH YOU PUT IT. I WARNED YOU IN THE BEGINNING THAT YOU "WERE PLAYING WITH FIRE".

Seek not, therefore, to enter higher planes of consciousness, which naturally are realms of greater and more potent phases of this one energy, until you have by long and patient practice prepared yourself so to enter. You will have noticed that throughout the whole of your teaching there is balance and order; that no particular phase of Life is accentuated. Rejoice that Mentalphysics is so. "When the Chela is ready the Guru appears". When you are ready to enter higher planes you will know that you have the power to do so. There is so much talk in the world of the "astral" and the "psychic", and so many seek to enter and function in them without having prepared the instrument to withstand the terrific vibrations of those states of consciousness, that it is not to be wondered at that injury may occur and the higher teaching brought into disrepute.

(c) "Man, Know Thyself!"

When you make comparisons between the outer human world and its highest activities in the field of physical science, and our transcendental Science of Mentalphysics and the results attained by its practice in the field of your own life, you can then see and should be able to realize how far in advance you are. Your sense of values has changed from the purely physical to those of the higher realms of Soul and Spirit. Everything appears in a "new Light".

You now know that the only instrument which will eventually interpret for you and humanity, the motivating energy of Life itself is YOURSELF - YOUR MIND AND BODY. "My body . . . the most gloriously accurate instrument in this whole universe".

You can now see the effects which Life produces upon all forms manifested in the universe. Having learned more of what Life is, you are bringing forth into your own life

THIS SPACE IS FOR YOUR OWN NOTES

more of the energy, the Light, the Love and the Wisdom which Life is. But greater than this, you have discovered that this great energy which pervades every atom in the universe must be interpreted, not by means of the five senses but through the instrumentality of those higher faculties of the soul of which you are becoming aware within yourself.

As you keep your feet steadily upon The Path, ever mounting higher, you become more sensitive to the real nature of this energy. You discover that Life is Light; that the Light becomes ever more brilliant and subtle. You find that this energy, which is the Will of the Father, differentiates into many qualities. It appears everywhere as manifestations of that which we call Love. Love again gives birth to another quality of Life, which is Wisdom. Again, we know and feel and use it as Intelligence, omniscient and ever-active.

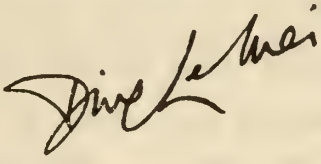
I offer you, beloved Noble, a hint as to the way in which you may for yourself become more familiar with and attain to a greater understanding of this energy which is the sole motivating force of all Life. This must inevitably lead to greater realization and that three major aspects or qualities of the One energy, viz.: (a) Power or Will (of the Creator); (b) Love-Wisdom; and (c) Active Intelligence. You will be led to unfold from within yourself knowledge of others such as Order (remember the rhythm of the Breath), Devotion (Joy, Gratitude and Reverence), Harmony, Knowledge and so on. Each for himself and herself must set to work to discover that which they are capable of finding according to their own point of evolutionary unfoldment. Nevertheless, by maintaining our zeal and holding to our desire, we shall eventually come to realize the All, for that is the destiny of the whole human race.

"IN THE BEGINNING WAS THE WORD . . . THE WORD BECAME THE LIGHT . . . THE LIGHT WAS THE ONLY SON OF THE FATHER . . . THE WORD OF THE SON IS THE LIGHT OF MEN . . . . . THE LIGHT IS THE WORD AND THE WORD IS GOD" . . . The foregoing is taken from a beautiful invocation with which the Chamber is opened on Thursday nights. In it is contained all that we have been endeavouring to say in this Commentary. The Word is the Will expressed. It is the energy. From it the Light appears. The Light is the Life of every living thing. It is the Love of the Father appearing in the Son. YOU ARE that Son.

Within you, O Noble of THE LIGHT, is the same energy that holds the Sun in its place; the planets in their orbits. Within you is the beauty, the wisdom, the intelligence seen in every kingdom on this planet. Within you is the ALL.

So, as I close this Commentary, I speak for you the Word in whose sound is the power for you to express all the qualities of the Father, "The One about Whom naught may be said". The irresistible Will to be, the Light of the Wisdom which knows that IT IS, the Love whose magnetism attracts to itself ever more of itself, the full expression of the Light that never fails . . . May this week bring to you more Light on The Path to your realization of WHAT you are and the aspiration to express in your life ITS full Glory and Majesty.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Sixteenth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

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COMMENTARY
117

THE TRUE REALIZATION (7)
"MANIFESTATION—TRUTH MADE VISIBLE".

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

If I were asked to name the most important series of Commentaries in Mentalphysics, I would unhesitatingly choose those which you are now studying - from Commentary 111 to Commentary 120, which completes the Fourth Volume. In this series we are presented not only with the final portrayal of THE TRUTH OF LIFE ITSELF, but, so far as words are able to be used for this purpose, THE WAY OF THE TRUE REALIZATION. I invite you to consider the titles of this series most thoughtfully:

Commentary 111 ... "GOD - THE ABSOLUTE."

Commentary 112 ... "LOVE - THE FIRST QUALITY" . . whose universal motion makes LIGHT.

Commentary 113 ... "LIGHT - OF THE SENSES ; OF THE MIND ; OF THE ETERNAL SPIRIT."

Commentary 114 ... "TRUTH - THE ESSENCE OF LIFE : GOD'S WORKS EMBODIED IN HIS ESTABLISHED DIVINE LAW."

Commentary 115 ... "WISDOM - THE SILENT DIRECTOR OF THE ENERGY OF THE LAW."

Commentary 116 ... "ENERGY - THE MOTIVATING PRINCIPLE OF LIFE ITSELF - self-embodied ; self-manifesting."

Commentary 117 ... "MANIFESTATION : TRUTH MADE VISIBLE : MAN KNOWING HIMSELF AS GOD."

(You are to study this last Commentary this week.) . . . At this point you reach the Absolute Truth about yourself - THAT YOU ARE GOD IN YOUR PRESENT FORM, as for evermore you will be God in whatever higher form you aspire to. As MAN, then, we go on to see the different phases of the Energy that, constantly and rightly used by us, enables us to be ESTABLISHED in the Truth that MAN IS GOD IN HUMAN FORM.

The Divine equipment with which we are endowed to manifest our true nature is --

Commentary 118 ... "IMAGINATION : YOUR SOURCE OF CREATION") Tools of the True
"THE SUBCONSCIOUS : YOUR SOURCE OF POWER") Aspirant & Apprentice

Commentary 119 ... "REASON and WILL : YOUR SOURCE OF ACTION") Power by which you
"FEELING and EMOTION : SOURCE OF INSPIRATION") USE your Tools.

Commentary 120 ... "FEAR : ITS RIGHT USE") Inherent forces within you that
"FAITH - THE SEED OF WISDOM.") sustain you in Life's rhythm of Truth.

THIS SPACE IS FOR YOUR OWN NOTES

You are required to spend much time in meditating upon this evolving Plan of Life, for you will gradually see the interlocking association of each step, perceiving that the steps are born OF each other and INTO each other. It will be highly profitable to realize this inner association, particularly from Commentary 111 to Commentary 117.

(a) . The Most Dramatic Moment of Life.

Probably the most dramatic moment in any human life, leading one into unimaginable heights of spiritual enlightenment, is when the Candidate REALIZES the Nature of himself and the Nature of GOD. This is the height of rapture. Nothing else that the outer expression of Life has to offer can take its place -- fame, wealth, any phase of success in the economic field, ingenuity in invention, achievement in any avenue of man's affairs, not even in religious or philanthropic association, nor healing the sick, nor feeding the hungry, nor political reformation, nor aught that can come to us, without KNOWLEDGE OF OUR OWN NATURE, from the outer.

KNOWLEDGE OF OUR OWN NATURE IN THE NATURE OF GOD IS SUPREME - naught else can take its place ; it is the final goal.

*** "He who knows not, and knows not that he knows not ; he is a fool - shun him.

*** "He who knows not, and knows that he knows not ; he is ignorant - teach him.

*** "He who knows, and knows not that he knows ; he is asleep - wake him.

*** "He who knows, and knows that he knows ; he is wise - follow him."

How true is this Arab proverb! He who knows, and knows that he knows - he has Wisdom. He who KNOWS his own nature knows that "all these things" are already added unto him. So I repeat that the most dramatic moment in any human life, leading one into unimaginable heights of spiritual enlightenment, is when the Candidate REALIZES the Nature of himself and the Nature of God.

Contrariwise, when the self-styled Aspirant, having once turned to and basked in The Light, becomes subsequently unresponsive to the great urges of his own soul, and refuses (either through sloth or indifference or pride or for any other reason) to continue the struggle upward to the Sacred Heights, he brings upon himself the greatest of all tragedies that can come into a human life. He creates for himself that eerie malingering of the soul that all know who do not LIVE WHAT THEY KNOW. He plunges himself downward into the abyss of spiritual morbidity. He struggles painfully, alone and in vain with the self-created enemies of The Spirit, the demons of his own mind - he is ignorant, and knows not, electing to know that he knows not. . . Yet, My Beloved, we should carefully ponder the path of our feet, for as we go onward and upward we find that the foothills are strewn with the corpses of such. Easy to begin anything, isn't it ; wise is he who perseveres.

*** "THE CONDITIONS OF CONQUEST ARE EASY ; WE HAVE TO TOIL AWHILE, BELIEVE AWHILE, ENDURE ALWAYS - AND NEVER TURN BACK."

Better not to aspire at all than to aspire in vain.

(b) The Importance of Self-Analysis.

My Beloved, in your present Commentary you have come to the sacred fork in the road where you may rest awhile. You have accomplished much. You have come through the midnight hours of the search, and are well past the foothills. IT IS DAWN, and you have FOUND THE LIGHT. The Ascent lies before you.

THIS SPACE IS FOR YOUR OWN NOTES

Going through all your own experiences of the last two or three years - those disappointments and doubts, heart-burnings and lamentations, discontent and disheartenment, yearnings and repinings, abundance in one hand - hunger in the other, fears and failures, . . "the whole winter of our discontent", . . how your heart has ached! But I ask you to bring yourself before the court of your own mind as you read what comes to you from me now : Do you not REJOICE that you HAVE PASSED through it? During that time of study and practice of the ART OF LIVING, are you not GRATEFUL? Would you not, knowing what you NOW know - knowing it so that you can say that there is not the slightest ghost of doubt in your mind - would you not willingly go through it all again if it were necessary for you to do so to safeguard that which you have learned?

I think that I can hear you sing the eternal hosanna of gratitude in answer to this question, Wisdom directing the melody of your own soul

BUT HAVE WE - YOU AND I - TRULY LEARNED GRATITUDE, THE GREATEST OF ALL THE VIRTUES?

Comparing your own consciousness with what it was before you had ever heard of Mentalphysics, do you REJOICE that you can now sing the Song of Gratitude? I wonder - CAN I? . . . AM I GRATEFUL TO LIFE? . . . HOW CAN I KNOW THAT I AM? Well, worthy Noble of The Light, meditate upon and answer for yourself these questions:

*** "WOULD I, WITHOUT REGRET, GO BACK TO MY PRE-MENTALPHYSICS CONCEPTION OF THE UNIVERSE AND MY PART IN IT? . . . WOULD I CHOOSE WILLINGLY TO SUFFER AGAIN THE CONDITION OF CONSCIOUSNESS WHEN I DID NOT KNOW THAT I AM GOD IN HUMAN FORM? . . WOULD I WILLINGLY YIELD ALL THE KNOWLEDGE OF COSMIC LAW THAT HAS COME TO ME? . . . WHAT WOULD I TAKE IN EXCHANGE FOR IT?'

These questions may seem to be foolish, but this is the manner in which you may induce that attitude of mind in which you may rightly evaluate what Mentalphysics means to you today. (REST HERE AND SEE WHETHER GRATITUDE MANIFESTS ITSELF IN YOUR HEART.) . . . Then Continue

*** "Suppose that I were to awake tomorrow morning and find that from my mind there had been taken every scrap of knowledge that I have learned since I have been in Mentalphysics. . . Suppose that I were to again find myself without any knowledge of the spiritual substance in which I live and HAVE my Being - my BREATH. . . Suppose that I were again to be under the dominion of false and traditional ideas of Life - such as disease, disharmony on even the physical plane of my life, disappointment, fear, hopelessness, despair? . . . Suppose that I had to again go along in the thought that Life was a hit-and-miss affair, without rhyme or reason, topsy-turvey as it is to so many people, with nothing but traditional superstition eating into my heart as I try to obey the urge of my soul to understand LIFE and its Origin, aim and purpose, and so on.

*** "Suppose that I had no Holy of Holies any more?'

Having rested in this sort of thinking and feeling I am to assume that YOU ARE GRATEFUL, that you exultingly can and do sing The Song, and that your grateful heart is ever listening. THEN ----

*** "In ABSOLUTE HONESTY with myself, AM I SATISFIED WITH MYSELF WITH THAT DEGREE OF MANIFESTATION OF GOD'S LIFE THROUGH ME? Evaluating as best I know how all that makes up my own life, do I still feel that burning desire to KNOW, TO BE, TO DO, TO GIVE, TO HAVE increasingly, which is the REALIZATION OF GOD IN ME that my own soul constantly urges me towards?

THIS SPACE IS FOR YOUR OWN NOTES

My Beloved, you are asked to humbly examine yourself, and take time to do so, knowing that you are aided in the sublime task by all the hosts of the Higher Ones who have lovingly led you through the Fire to the present moment. When I again and again invite you into self-scrutiny, do not rebel - there is no other way. Remember that the fear of The Law is the beginning of Wisdom. Dwell low in the valley of humility --- rise to the sublime heights of courage. Forgive little in thyself -- freely forgive much in others. Share with those who have less than thyself, for thine is unlimited abundance, to give that this abundance may ne'er diminish in its stream.

*** WORK -- for the night cometh.

*** GIVE -- for only that which thou givest with free and open hand dost thou possess.

*** WASTE NOT -- Thine hour, thy substance, thine energy . . aught. But use.

*** BE NOT SELF-RIGHTEOUS -- never have I greater reason for suspicion than when I am particularly pleased with myself.

*** MANIFEST GOD -- One sole God ; one sole Ruler - His Law ; one sole interpreter of that Law - Humanity.

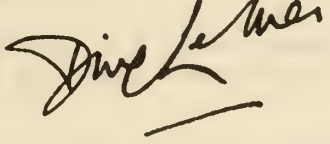
* * * * * * *

I feel that I may conclude this Commentary by quoting the following sage advice from the lips of that practical sage Confucius:

> "The illustrious ancients, when they wished to make clear and to propagate the highest virtues in the world, put their states in proper order * * * * Before putting their states in proper order, they regulated their families * * * * * Before regulating their families, they cultivated their own selves * * * * Before cultivating their own selves, they perfected their souls * * * * Before perfecting their souls, they tried to be sincere in their thoughts * * * * Before trying to be sincere in their thoughts, they extended to the utmost their KNOWLEDGE * * * * Such investigation of knowledge lay in the investigation of things, and in seeing them as they really were. When things were thus investigated, KNOWLEDGE BECAME COMPLETE * * * When knowledge was complete, their thoughts became sincere * * * * When their thoughts were sincere, their souls became perfect * * * * When their souls were perfect, their own selves became cultivated * * * * When their selves were cultivated, their families became regulated * * * * * When their families were regulated, their states came to be put into proper order * * * * When their states were in proper order, THEN THE WHOLE WORLD BECAME PEACEFUL AND HAPPY."

Thus do we MANIFEST GOD . . . the True Realization of our life. Peace be unto you!

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



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End of The One Hundred and Seventeenth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

118

THE TRUE REALIZATION (8)

"IMAGINATION: Your Source of Creation" and "The SUBCONSCIOUS: Your Source of Power"

My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in The Bond.

We have been considering in these later Commentaries, and I hope to some extent realizing, more of the true nature of ourselves; we have approached the Throne Room within us and glimpsed a little of the Glory which awaits us when we come to that transcendental episode in our life which results in True Realization.

We have, more truly than ever, sensed and felt the amazing scope of our consciousness and the revelations which it has in store for us as we travel towards The Light. We have seen that we have within us the potentiality of becoming conscious of what is within the Mind of God. We have seen in the distance the "Promised Land," the "Elysian Fields," the "Mountain of Man's Highest Hopes." The wonders of each new revelation have given to us the certainty of the rewards which must inevitably follow our efforts.

Approaching the "Place of Recognition," preparing to climb the mountain of our holy vision, all sense of failure has disappeared; courage to forge ahead has taken possession of us as we travel on and up towards an ever greater achievement and enter a world of ever greater illumination - the world of our own scintillating and effulgent LIGHT.

*** "Behold the mellow light that floods the Eastern sky. In signs of praise both heaven and earth unite. And from the fourfold manifested Powers a chant of love ariseth, both from the flaming Fire and flowing Water, and from sweet-smelling Earth and rushing Wind."

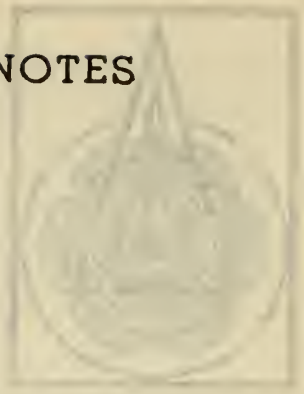
*** "Hark!...from the deep unfathomable vortex of that golden light in which the Victor bathes, ALL NATURE'S wordless voice in thousand tones ariseth to proclaim:

"JOY UNTO YE!" — Yet.....

*** "Thy mind is clear; No more art thou entangled in delusive thoughts, for thou hast learned all. Unveiled stands TRUTH and looks thee sternly in the face. She says:

"'Sweet are the fruits of Rest and Liberation for the sake of Self; but sweeter still the fruits of long and bitter duty. Aye, Renunciation for the sake of others, of suffering fellow men.'"

THIS SPACE IS FOR YOUR OWN NOTES



(a) IMAGINATION - The Creator at Work.

We are now to consider, from a higher viewpoint than before, with deeper and more illumined insight, the way the Creator works. In the last seven Commentaries we have been seeking to comprehend the Nature of the Creator. We are conscious of more Light within ourselves as we have studied these Commentaries.

We have seen that there is but ONE Substance and ONE energy within the substance. We see about us and within us a multiplicity of forms endowed with life ever proclaiming "the Glory of God," and we wonder how they come into being. What tools does the builder use? There is but one. The one creative faculty whereby the whole creation comes into being is IMAGINATION.

IN THE BEGINNING WAS THE WORD, "I AM!" THEN COMES THE FIAT, "LET THERE BE LIGHT!" AND IN AND THROUGH THE LIGHT THE GREAT ARCHITECT EVER IMAGES ITSELF. THIS IS CREATION. "THIS WIDE UNIVERSE" EVER APPEARING, EVER IMAGING AS IN AN ETERNAL KALEIDOSCOPE THE NATURE OF ITSELF. IT SAYS, "I AM EVERYWHERE AND WHERE I AM I APPEAR."

Let these pages rest in your hands for a time, and try from within the very deeps of your soul to feel the thoughts that I try to express in words that will ever be inadequate. Every cell in the whole of creation has within it this faculty of expressing what it is. By the creative fiat of THAT from whence it is, it must do so. Because the Creator is everywhere, this "tool" of self-expression is everywhere. Let your mind revel in the beauties of its own imagery, that contemplation of the beauty, the wisdom, the intelligence that appears even to our limited vision in this infinitesimal grain of the universe with which we are familiar.

As your IMAGINATION leads you to the heights you finally reach the pinnacle to see that the crowning glory of creation is MAN. YOU, I, Humanity ARE THE IMAGE. Again I repeat, no matter what seems to be Man must eventually express "whatever the Creator is," because he IS the Creator.

Man, however, is self-conscious. He has the power to think and to consciously use, according to his knowledge, and his desires, all the energy and the powers of THE CREATOR and the creating faculty whereby he can express that which he is and desires to be. It is this privilege of choice that differentiates him from the unconscious atom which must unconsciously express what it is according to the plan of the Creator. In the lower kingdoms the "expression" is creation by law; there is no individual choice. When we reach the human kingdom then the creative "tool", the Imagination, is used in just the same way as the Creator uses it.

IF THERE WERE NO OTHER PROOF OF THE DIVINITY OF MAN, THE FACT THAT HE HAS THIS FACULTY, BY MEANS OF WHICH HE CAN CREATE, SHOULD BE EVIDENCE ENOUGH TO CONVINCE THE GREATEST UNBELIEVER OR SCEPTIC. THIS FACULTY TRANSCENDS ALL REASON, - ALL THOUGHT, IT REACHES TO THAT HEIGHT WHICH PROCLAIMS, "I AM", AND IN THE LIGHT APPEARS IN ALL THE GLORY AND BEAUTY AND MAJESTY OF ITS FORM, "MY BODY, THIS WIDE UNIVERSE!"

Since the Creator does not think, and uses but the creative Imagination in all his works, it is easy to see the reason why children live so much in their imagination. It is because they are nearer and in closer touch with THAT which they really are. They soar to what, to their elders, appear to be ridiculous heights of "fancy", when in reality the pictures they create and act out are simple expressions of the use of this faculty uncontaminated by human ideas. Later, environment, wrong teaching, and the mass thought influences the little mind. Parents even discourage the use of the imagination and it sinks more or less to a lower level.

THIS SPACE IS FOR YOUR OWN NOTES

It is in use all through life, however, but becomes in most humans, not the faculty by means of which the Creator is expressed in gradually evolving perfection, but that whereby reversion to lower states is expressed. How grateful you must be, O Noble of The Light, to feel within you the Wisdom you have brought forth through the teachings of your mother Mentalphysics; what joy comes as you realize that there is nothing good and great and useful that you cannot become by right use of this wonderful faculty, your IMAGINATION.

It is my belief that there is no body of people, particularly in the Western Hemisphere, who have been taught and trained in the most scientific and comprehensive way how to use the IMAGINATION, as we have, Nobles of The Light. I suggest that you read again your Initiate Group lessons and your commentaries with this point in view. See how many times you are instructed "to imagine."

You will thus discover the greatest reason for your success. You will see how you have imagined a more perfect physical body, and, together with your other scientific practices, have brought it into being. You will, if you search diligently enough, see how every phase of your life has been raised to greater expression. Think of "Your Own Spiritual Breath," "The Healing Breath," "The Cave of the Moon," and so on.

With such training there is no height on any plane to which you may not aspire. Every great idea that comes to you for expansion and expression is but a seed from the IMAGINATION of the Creator awaiting some suitable soil in which to flourish to fruition. The great thinkers, the creative artists, the explorers in scientific and physical fields, the poets, and the illumined idealists are those who, having received the seed, were impelled by their own creative desires to "do the Will of the Father" and bring it forth into the fullest expression of beauty and intelligence that they were capable of. What geniuses will come from our growing army OF NOBLES OF THE LIGHT!

I look for many and greater than have been, for you are in possession of the secrets whereby your lives are in your own hands. No need for you to "shuffle off this mortal coil" until your work is completed to your own satisfaction. For you there will be no "Unfinished Symphony!" So--

*** "Be of sure foot, O candidate. In Kshanti's* essence bathe thy Soul; for now thou dost approach the portal of that name, the gate of fortitude and patience."

(b) THE SUBCONSCIOUS: Your Source of Power.

Without the power to put it to constructive use, no tool is of any value. Think of the tremendous quantity of electrical power which is being used in this highly mechanized civilization in which we live. Demand is made for more and more power every day, to produce more and better things for our use.

THE POWER IS ALWAYS AVAILABLE IN SOME FORM OR OTHER ACCORDING TO THE CYCLE OF EVOLUTION WHICH THE HUMAN CONSCIOUSNESS HAS REACHED. Ever new and more potent forms of energy will be "discovered" as the race mounts upward in its long journey of discovery. We Nobles of The Light are far in advance of the majority of the race in having discovered it in the realm of the mind. You have proved in the changed life that you are now living that the power of your mind transcends all other forms of the ONE POWER, and you have learned in some degree how to use it.

It matters not on what plane of consciousness we function, the power is there, available for use in that quality of itself which is in exact correspondence with the plane of our consciousness. We have seen these discoveries and their application in the now slowly disappearing steam age. We now have the oil and the electrical age, and I look soon for many even greater discoveries in the use of Sound and Light.

*Kshanti, "patience."

THIS SPACE IS FOR YOUR OWN NOTES

Yet no matter how we contemplate the works of the Creator, and the beauty and power which HE manifests in the wide Universe, we must ever return to the realization of the ONE basic Truth - "There is but ONE GOD AND GOD IS EVERYWHERE". The power we are now talking about is but the WILL OF THE FATHER everywhere present, entirely impersonal, ever active and waiting to be brought into use by man consciously. Most humans use it unconsciously, but no matter how it is used, in the ultimate the effect of its use will be to express the Divinity which lies hidden within the race. The relative knowledge with which it is used determines the result to him who uses it. Right use takes him to the heights. Wrong use leads to stagnation or down to the depths.

On the mental plane we call this power the Subconscious Mind. Through the Wisdom imparted by our Mother, you, as a Noble of the Light are becoming more and more efficient in the utilization of its energies in your own life. You have learned in the most scientific way how to harness this Omnipotence. Now as you reach farther to the heights you will use it with the ever-present prayer on your lips, "Not my will, but THY WILL BE DONE." Henceforth your sole motive in using this great force will be to help humanity; your one aim, to find the toiling pilgrim and let him hear The Law.

*** "Sweet are the fruits of Rest and Liberation for the sake of Self; BUT SWEETER STILL THE FRUITS OF LONG AND BITTER DUTY, Aye, Renunciation for the sake of others, of suffering fellow-men."

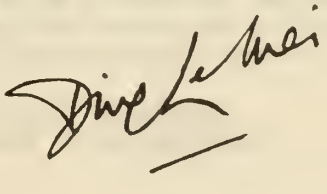
Thus we are possessed of the power and the tool for creating. In the physical world the almost infinite variety of "things" that are made are produced by as great a variety of tools. The machine that drills a hole in an iron plate differs from that which cuts a groove; that which bends a bar, is different from that which grinds a lens. With the power and the right tool anything can be made.

The tools we must use are Love, Wisdom, Intelligence, and all their lesser derivatives. If our image is shaped by Love it will be one of greatest beauty. If we use Wisdom in the planning of it, it will be symmetrical and balanced. With Intelligence as the tool it will be lasting and made in the rhythm of the universe. Let the Light of us always illumine our ideal; the Love of us animate it; and our Wisdom and Intelligence build and shape it.

Noble of the Light, as you see the picture of your own beautiful life gradually come into being, I ask you to let your Imagination expand it. See, as I, that as the Truths that you are applying in your own life are spread to the far corners of the troubled world, so can we bring about that glorious culmination which is in the MIND of GOD. See, as HE sees, HIMSELF in all his Glory, Light and Joy walking the Earth as MAN. May your zeal in service ever burn brighter, for only by SERVICE can TRUE REALIZATION blaze into your consciousness in all its majesty and glory.

Peace be unto you for evermore.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



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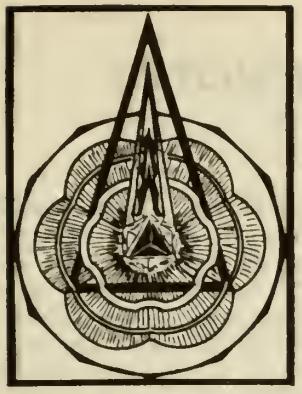

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COMMENTARY

119

THE TRUE REALIZATION (9) "REASON and WILL: Your SOURCE OF DIRECTION" and YOUR EMOTIONS: YOUR SOURCE OF INSPIRATION.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Having considered the great moving Macrocosmic Force of the Holy Spirit of Life as it conveys its essence to Man through his Imagination (his source of creation); having seen that when Man turns the fire of his Imagination upon the divine macrocosmic idea he makes it his own microcosmic possession; knowing our Imagination to be a creative faculty rather than a quality, giving the form that makes all the facts work together harmoniously towards a given end; WE CAN SEE THAT OUR IMAGINATION IS THE QUICKENER OF THAT ETERNAL POWER WHICH IS RESIDENT IN THE GREAT SUBCONSCIOUS MIND OF LIFE. Thus we have already seen :

YOUR IMAGINATION Your Source of Creation	—	The power within the soul of us that recognizes a soul without us; irrepressible; unconfinable; often makes expectation even more powerful than possession; the magnet of the Subconscious.
YOUR SUBCONSCIOUS Your Source of Power	—	Eternal; never-changing; equally present everywhere; man's willing servant; the reservoir of all energy; that which, directed, moves matter; the atmosphere of the soul, as sight is to the eye.

Having this conception firmly in our minds, and seeing clearly how in our divine organization we are equipped to express God, we now go on to consider the spiritual tools by which we may express, through our own living, the Perfection of God, this Essence of Divine Light, this Undivided LIFE. So we lead ourselves into —

(a) YOUR REASON and WILL . . . Your Source of Direction.
(b) YOUR EMOTIONS . . . . . Your Source of Inspiration.

Let us define these attributes;

****** REASON:** Sometimes taken for true and clear principles; sometimes for clear and fair deductions; sometimes for the cause, particularly the final cause. The highest faculty of the human mind by which man is distinguished from sub-human organisms, and which enables him to contemplate things spiritual as well as material, to weigh all that can be said or thought for or against them, and hence to

THIS SPACE IS FOR YOUR OWN NOTES

draw conclusions and to act accordingly. A faculty of mind by which it distinguishes truth from falsehood and good from evil, and which enables the possessor to deduce inferences from facts or from propositions. Right judgment.

Though there is a close relation between your Reason and your Will, reason can no more influence the will, and operate as a motive, than the eyes which show a man his road can enable him to go from place to place, or that a ship provided with a compass can sail without a wind. "He that takes away reason," wrote Locke, very wisely, "to make way for revelation puts out the Light of both, and does much the same as if he would persuade a man to put out his eyes, the better to receive the remote light of an invisible star by a telescope." Woulds't thou be crowned the monarch of thy world, command thyself -- THROUGH THY REASON.

**** WILL: That faculty or power of the mind by which we determine to do or not to do something which we conceive to be in our power; the faculty which is exercised in deciding, among two or more objects, which we shall embrace or pursue; the power of producing acts of willing; the power to control which the mind possesses over its own operations.

He who is firm in will moulds the world to himself, for by our will our action is dictated. Calmness of will is a sign of grandeur. Milton wrote that "if the Will, which is the law of our nature, were withdrawn from our memory, our fancy, understanding and reason, no other hell could equal, for a spiritual being, what we should then feel from the anarchy of our powers." Indeed, it would be conscious madness. In the moral world there is nothing impossible if we can bring a thorough will to it. You and I can do everything with ourselves through our will, but we should not attempt to do too much with others. "There dwelt in him a mighty will, which merely said to the serving company of impulses: Let it be!"

"God made thee perfect, not immutable;
And good He made thee, but to persevere
He left it in thy pow'r; ordained thy will
By nature free, not overrul'd by fate
Inextricable, or strict necessity." -- Milton

****EMOTIONS: From e- out, and movere, to move. A moving of the mind or soul; hence, any agitation of mind or excitement of the feelings; particularly an excitement of the mind manifesting itself by some sensible effect on the body; the faculty of feeling, of reacting to mental impressions involving the sentiments. The emotions of an individual are equal to the sum total of his sentient powers. Emotion is the "moving outward" of the soul into expression, manifested in our "feelings".

In considering the importance of our Emotions, it is well to realize that our Thought, directing our Feelings, forms a magnet in the great ether of life, the great cosmic mass of eternal forces of vibration. To make this clear to ourselves, it is easy to imagine the ether of life "filled with" both constructive and destructive vibrations. The constructive vibrations, of course, are of success, prosperity, love, joy, light, power, wisdom, health, happiness and so on. The destructive vibrations are the opposite - fear, hatred, jealousy, disease, poverty, failure, misery, death and so on. Now, whatever we think (whatever we repeat to ourselves), whether it be true or false, manifests itself in our life in the exact equivalent of our thinking.

THIS SPACE IS FOR YOUR OWN NOTES

THEREFORE, YOU CAN SEE THAT WE ARE - SO TO SPEAK - IN THIS GREAT SEA OF ACTIVITY THAT REVEALS LIFE ITSELF. WE THINK, . . WE FEEL AS WE THINK, . . OUR THOUGHT QUICKENS THE ETERNAL ENERGY WITHIN US TO CAUSE OUR BODY (THE INSTRUMENT OF EXPRESSION) TO ACT IN PRECISELY THE WAY THAT WE THINK . . . AND SO OUR LIFE EXPRESSION IS THE EXACT LIKENESS OF OUR THOUGHT. . . SO DO WE LIVE.

From the great storehouse of the Cosmos the human mind is constantly attracting vibrations of Wisdom, and as we direct this Wisdom through our Emotions, so do we form the habit of thinking. WHAT WE THINK MUST COME TO PASS - MUST COME OUT IN OUR LIVES IN THE PHYSICAL EQUIVALENT OF OUR THINKING.

Take this last sentence, and meditate upon it :

*** WHAT WE THINK MUST COME TO PASS - MUST COME OUT IN OUR LIVES IN THE PHYSICAL EQUIVALENT OF OUR THINKING.

If we could but make this a constant realization of our mind, then would we not be foolish to haphazardly allow any stray thoughts of negation of ANY kind to enter? Do we not see that it is PRECISELY AS EASY to sow the seed of success as of failure - of glorious VICTORIOUS LIVING as mere negative existence? THIS IS TRUE - and if there be any lingering doubt in your own mind, repeat to yourself a thousand times a day the truth that WHAT YOU THINK MUST BE REPRODUCED IN ITS PHYSICAL EQUIVALENT in your life. Nothing could be simpler to understand. Nothing could be more easy to do. WE ARE WHAT WE ARE BECAUSE OF THE VIBRATIONS OF THOUGHT WHICH WE ALLOW TO ENTER OUR CONSCIOUSNESS. Many people, rebelling against what they call "Fate", desire to be free from the conditions which they ignorantly create, but do not KNOW the simple truth that this Commentary unfolds. They HOLD ON to the very central point of the creation of these conditions of negation, whereas it is manifestly within their own power to change things overnight if they WILL TO DO SO - use the power of their WILL - quicken their EMOTION to start the Energy - and simply FEEL THAT THEY HAVE that which they desire . . with patience waiting for the INEVITABLE TO HAPPEN : the coming into form and physical equivalent of that which they have created.

Now, My Beloved, you and I know how hard it is to learn - hard to learn even intellectually - harder to learn to make what we know intellectually a spiritual truth in our lives so that we CAN LIVE WHAT WE HAVE LEARNED. But here we see the easy way. Here we see that we may TRANSFORM our lives by the RENEWING OF OUR MINDS.

*** UNDERSTANDING THE BASIC FORCE OF LIFE ITSELF - the very Ether in which you live -

**** UNDERSTANDING THE QUALITIES OF THE GREAT DIVINE EXECUTIVES WITH YOU -- Your Imagination, Your Reason, Your Will and Your Emotions ----

YOU CAN SEE BEYOND ANY POSSIBLE PERADVENTURE OF DOUBT THAT YOU ARE THE CREATOR IN HUMAN FORM -- THAT YOU CREATE YOUR OWN LIFE EXPRESSION, AND THAT NOTHING ELSE NOR ANYBODY ELSE CAN DO SO, AND THAT YOU HAVE LEARNED THE EASY WAY OF EXPRESSING GOD IN YOURSELF.

So, My Beloved, I invite you this week to THINK ON THESE THINGS. Let the Imagination so quicken you that you will rise on wings of Light, seeing clearly the divine possibilities in your own life. You will see that in Mentalphysics you have THE WAY unfolded for you for evermore.

THIS SPACE IS FOR YOUR OWN NOTES

Remember, however, that in proportion as the Will of man is not controlled by divine Reason, that Will becomes "unreasonable" and follows its lower impulses. Whereas, when we truly come to know that our Will is God's Will, that it is "He" who reasons through us, "He" who feels through us, "He" who acts through us, WE SEE THAT WE ARE GOD IN HUMAN FORM, and that of ourselves we do nothing ----- "He" doeth the work. This is precisely what Jesus was teaching, and which he succeeded in making so few see. Would he have the same difficulty today?

The whole of Truth may be summed up in one immortal sentence : "BELIEVE THAT YE HAVE IT," but I believe that it is better to translate that sentence into "FEEL that ye have it" . . for thus alone can we make it our own.

* * * * * * * * * * * * * * * *

If I were you I would take much time to study the present Commentary. Do not read it and put it away, but take it and delve into it AND MEDITATE UPON IT. This is the greatest of all the secrets. I could probably have written this Commentary in a much more logical manner, but I have been writing to you as The Spirit dictated. YOU must find the inner meaning of what is said.

The crowning glory of all knowledge that can come to us is that we ARE God in human form. The pinnacle of LIVING is the EXPRESSION through us of GOD.

Peace be unto you. May the Light of Wisdom so flood your consciousness this week that you will ascend into Heaven. Earth shall be below you, shall entirely pass from you, for you will have transmuted Earth into Heaven and you will FEEL the Manna of Life coming down from Heaven to you. Yea, Peace -- and Joy - and Love - and Light - and All of Life's Full Divine Expression be thine this week.

* * * * * * * * * * * * * * * *

In your next Commentary you will be led into a consideration of two of the greatest inherent qualities of man -- FEAR and FAITH. Rightly used, "Fear" is a tremendously powerful motivating principle; "Faith" is the very seed of Wisdom. Therefore, I most lovingly counsel you to quietude this week. Engage again in self-analysis -- of your own nature, your Emotions, your ideals, your definitely settled convictions, your present outlook on your own life and of life in general . . . then analyze YOUR FAITH. Rise, rise, rise! Give thanks and Be Happy . . . "O Thou that lends me life, lend me a heart replete with thankfulness!

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Dive LeMai

Written in Faith at
Los Angeles, California, U.S.A.

End of the One Hundred and Nineteenth Commentary,
Inner Chamber.

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COMMENTARY
120

THE TRUE REALIZATION (10)

FEAR (Its Right Use). FAITH (The Seed of Wisdom)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In this final Commentary of your Fourth Volume, we are to analyze two great forces which, understood, will inspire us to triumph; misunderstood, will cause our downfall. On the one hand, FEAR (Its Right Use), on the other FAITH (The Seed of Wisdom).

As I write this Commentary, the end of the year 1938 is drawing near to its end, humanity is in a sad plight. It seems that confusion, tumult and disorder are spreading from one country to another, though a few among the great are holding tenaciously to the belief that man at long last will learn how to live at peace with his neighbor. "Paralleling the violent seethings of a volcano, before its eruption," says a current writer on world affairs, "to annihilate everything along its path, human society is similarly undergoing a series of turbulent upheavals that are apt to destroy our entire present civilization."

Viewing the pageant of passing things in the outer world, it would seem that, moved as if by some irresistible compelling force, inimical groups are on the march, from every stratum of society, every nation, and every race, all arrayed in battle formation, ready to engage in mortal combat, and fully determined to exterminate one another in bloody conflict. Human reason seems to be thrown to the winds. The thundering roar from the crater of submerged passions increases as each faction becomes more determined than ever to wrest from its imaginary foe the weapon through which it thwarts the attainment of the supposed great prizes of life. All this, in a very direct way, has its root in a great FEAR that is sweeping the whole human race. And that will pass in due process of human evolution. What WE must look for is the unification of men's wills in world political matters - a federal world government, with justice for all; and we must all WORK for the formulation and establishment of fundamental characteristics of a modern world state, and our vision must constantly be of a world of men and nations who KNOW ENOUGH TO DESIRE TO LIVE UNSELFISHLY TOGETHER UNDER ONE LAW OF JUSTICE, where the true nationality shall have become the NATIONALITY OF MANKIND.

Sooner or later this unity must come, or else plainly men must perish by their own inventions. The way may be long and tedious, tragic and wearisome, a martyrdom of many generations perhaps, -- but come it must and come it WILL, for it is written in the book of Life Itself. So far as YOU and I are concerned, this condition of consciousness is ALREADY HERE; with US, the world is at peace, humanity is

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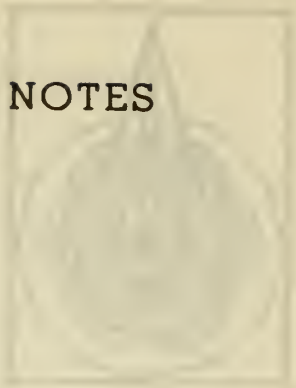

saved, the Kingdom of Heaven is at hand. And I ask you to imagine what this fair earth will be when every man and woman KNOWS what we know . . . that time will come, and we will make it come.

In this Commentary I present to you TWO FORCES that man will learn to rightly use to bring this earth to the perfect state of LAW and JUSTICE:

(1) FEAR:

(a) A painful emotion or passion excited by an expectation of evil, or the apprehension of impending danger. It expresses less apprehension than dread, and is accompanied with a desire to avoid or ward off the expected evil.

(b) The passion of our nature which excites us to provide for our security, on the approach of evil.

(c) In Scripture, reverence for God and His Laws, which springs from a just view and love of the divine Character.

From the above dictionary definitions, we can see that Fear is not altogether an unmitigated evil. Fear has its uses. True, it ruins many lives, it is often the only obstacle between a man and his happiness and success, -- it fosters disease, inefficiency, hate and cruelty. But if your life has been blighted, it is unwise to blame the instinct of fear which nature gives us for our protection, -- we shall rather blame the absence of Hope, Courage, Pride, Confidence and Faith -- emotions which, when rightly understood, keep Fear in its proper place. Thus balanced, Fear becomes an inspiration, a power that energizes you to great deeds, a motive that inspires you to endurance, persistence, industry and alertness of mind. Have you ever thought that human beings would be without Fear? In school, without fear of failure, we would not study; crossing a street without fear, we would be struck by an automobile; without fear of poverty, we would be lazy; without fear of tomorrow, we would make little effort to improve our conditions and ourselves; . . . and many other phases of fear will come into your mind as you read this. In a very real way, Fear is a necessity; more, it is a friend. But when not balanced by one or more of the other emotions I have mentioned, it can't become a monster and paralyze us. When so balanced, it is an inspiration, a source of strength and Energy -- even power.

But the Fear that I would draw to your attention, of course, is that Fear which is the beginning of Wisdom. When your mind is de-hypnotized of all negative ideas, then fear becomes courage, and the very basis of life becomes love instead of hate -- success, fearlessness, happiness, faith, youth, joy, health, strength instead of ignorance, sadness, grief, doubt, disease, discord, worry, darkness, death and so on.

See to it, then, that Fear be an inspiration to you, so that, in this attitude of mind, you lead yourself on to

(2) FAITH, the seed of Wisdom:

(a) The assent of the mind to the truth of that is declared by another, resting on his authority and veracity, without other evidence, or on probable evidence of any kind; assent of the mind to a statement or proposition of another, on the ground of the manifest Truth of such statement or proposition; firm and earnest belief, or probable evidence of any kind.

(b) Belief, trust, confidence, credence, fidelity, conviction, creeds, tenets, Doctrine, opinion.

THIS SPACE IS FOR YOUR OWN NOTES

Faith, we have heard, is the Evidence of things not seen — it is the ability to believe you have won before you have. Faith alone takes victory in hand at the start. In every walk of life's activity, success is limited only by faith, and the results from faith live limitless. People fail only when they lose faith. The eternal whisper of the very Spirit of Life to us all is — "Have Faith!"

And, as we come in this Commentary to the last in the Fourth Volume, I ask you humbly to ask yourself whether you truly <u>have faith</u>.

Faith is the subtle chain that binds us to the Infinite, making the discords of the present the harmonies of the future. Few people realize that Faith is a practical habit, increased by exercise, strengthened by meditation. Faith is a state of mind that is induced by practices that we know so well in Mentalphysics, and we know that, without faith, we can do nothing. WHY? Because Faith is the keeper of the sacred portal of Wisdom. Faith leads us to a singleness of soul, a realization of the "greatest truth that can ever be known - whatever the Creator is, I am."

"Fearlessness, singleness of soul, the will
Always to strive for Wisdom; opened hand
and governed appetites; and piety
And love of lonely study; humbleness,
Uprightness, heed to injure aught which lives,
Truthfulness, slowness unto wrath, a mind
That lightly letteth go what others prize;
And equanimity, and charity
Which spieth no man's faults; and tenderness
Towards all that suffer; a contented heart,
Fluttered by no desires; a bearing mild,
Modest and grave, with manhood nobly mixed
With patience, fortitude, and purity;
An unrevengeful spirit, never given
to rate itself too high; - such be the signs
O Indian Prince! of him whose feet are set
On that fair path which leads to heaven; birth!"

To you and to myself, O Noble of The Light, I say, "Follow after WISDOM." BE wise in thy time, and seek the heavenly birth. With Faith in thy heart continually, naught can assail thee. Wisdom, said Emerson, is like electricity - and we have been blest to have learned this in Mentalphysics.

We are all capable of Wisdom, all capable of "picking up", so to speak, the Wisdom of Life. In our last ten Commentaries we have been shown the way and had the divine mechanics explained to us. Now it is for us to revolutionize our own lives and revolutionize the world - being patient in well-doing, fearing the Law. Every moment instructs us, and every object. Wisdom is all-pervading.

Wisdom is infinite and infinite in value. Your wisdom is eternal, though the wisdom of one generation of men may be folly in the next. But when we are <u>rooted</u> in the practice of Wisdom, we are already at The Heights.

"Happy is the man that findeth wisdom, and the man that getteth understanding; for the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold.

"She is more precious than rubies and all the things thou <u>canst desire</u> are not to be compared unto her.

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"Length of day is in her right hand; and in her left hand riches and honor . . . Her ways are ways of pleasantness, and all her paths are peace.

"She is a tree of life to them that lay hold upon her; and happy is everyone that retaineth her."

. . . . . .

In concluding this Fourth Volume of Commentaries in our Science of Mentalphysics, instruction that has flowed unselfishly from the mind of our beloved Mother, let us together give thanks and be happy that you and I, as pupil and Teacher, are on The Path.

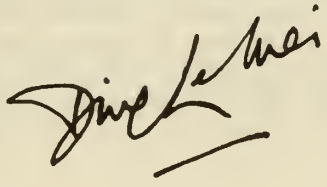
"Lift up your heads O ye gates, and be ye lifted up ye Everlasting Doors . . . and the King of Glory shall come in."

"God is well pleased with Them, and they well pleased with Him; that is the mighty happiness . . . . Truth has come, and falsehood has vanished; verily, falsehood is transient." . . -- The Koran.

"He who seeks truth must be content with a lonely, little-trodden path. If he cannot worship her till she has been canonized by the shouts of the multitude, he must take his place with the members of that wretched crowd who shouted for two long hours, 'Great is Diana of the Ephesians!' till truth, reason and calmness were all drowned in noise." -- Robertson

Peace be unto you for evermore.

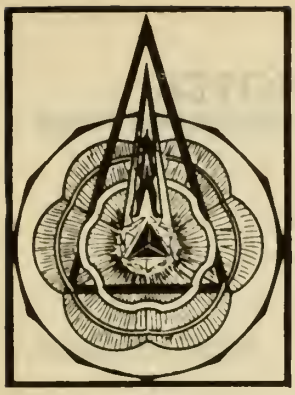
Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of the One Hundred and Twentieth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

121

"WORLD AFFAIRS SERIES"—Meditation on The New Race in The New Age; The Custodianship of Humanity.

(Vol. IV, 1)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

During the time that it has taken us to study together the one hundred and twenty Commentaries, we have gone along heart beating to heart in Wisdom's increasing rhythm. With the Psalmist we can sing - "He that dwelleth in the secret place of the Most High shall abide in the shadow of the Almighty". We can say of The Law (the Lord) - "He is my refuge and my fortress; my God; in him will I trust". And if we read the 91st Psalm I am sure we can re-echo in our souls its beautiful symphony as its music changes from verse to verse, and enjoy its great climax - "He shall call upon me and I will answer him; I will be with him in trouble. I will deliver him and honor him. With long life will I satisfy him, and show him my salvation".

We Nobles of the Light have learned consciously to tread The Path together, and, after the burden and heat of the day, to withdraw in spirit to drink of the waters. I, as your Teacher, have seen many changes, have gone through much experience, have (like you) been tried and tested; but together we can sing - "HE is my refuge and my fortress," and we can sing it with our whole being, for we know HOW and WHY He is our refuge.

(a) The Custodianship of Humanity

As you advance now another definite step on The Path, I invite you, with all the sincerity of your being, to recognize your actual Divine Custodianship of Humanity. FIRST, you should ally yourself spiritually, and in every way possible to you, with what we are doing in Mentalphysics, and regard yourself as a moving Spirit of our Mother's activities throughout the world. I deem it wise, in this Commentary, to disclose to you the principal phases of our work here at The Institute, and exhort you to meditate once during every twenty-four hours upon the work, thus - - -

First Meditation - That all necessary SUBSTANCE may flow abundantly to us: that it be blessed; and that it may multiply for Good for all time and until time shall be no more.

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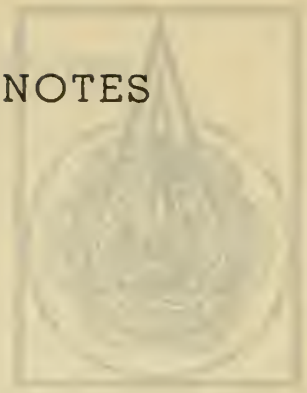

Second Meditation - That all ENERGY be rightly used and rightly directed by Ding Le Mei, by the Faculty, by all individual members of the Executive Staff and all regular workers and co-workers, with no waste whatever, and that the Energy may be blessed by Life Itself; and that as each one uses it he or she may be raised to a higher vibration of consciousness in service to mankind.

Third Meditation - That all WISDOM may flow through every worker at The Institute, so that all that we here do and say and think and feel may be Wisdom's true reflection.

Fourth Meditation - That ALL NOBLES OF THE LIGHT throughout the world may, in continuous endeavor to express in their lives the Divine Light, be rewarded abundantly; and, in the recognition of their spiritual growth, accept completely according to their understanding the Custodianship of Humanity.

(a) Mentalphysics World-Wide Activities

For your own information, and that you more easily visualize our work in Mentalphysics here at headquarters, I shall give you under separate captions details of the various activities at The Institute:

1. WORK IN THE OUTER (By this I mean our Public Work, such as public lectures, church services, radio broadcasts, healing circle, Circle of the Secret Twelve)

(I) Our Church: Services are held on Sundays at eleven o'clock Pacific Standard Time. The service is usually well attended, the address being given, except on rare occasions when the First Preceptor takes his place, by Ding Le Mei. The following is read at each service as Our Purpose and Declaration of Faith.

To proclaim and teach the Eternal Truth of Life, and to spread the Light of Divine Wisdom working through Natural Law in The Holy Trinity - Body, Mind, and Spirit of Man.
To proclaim and teach that Man is the Temple of the Living God, and that the knowledge of God's Universal Law as taught by us enables him to demonstrate a "perfect mind in a perfect body".
To foster educational and spiritual solidarity among all people who, irrespective of dogma or creed, declare their belief in the Omnipotent Creator of the Universe, and to train and appoint teachers for this purpose.
To spread the Inner Teaching of the Church, which is the Science of Mentalphysics.
To care for the needy, to teach the sick to heal themselves by the practice of the Art of Living and the understanding of God's Universal Spirit.

(II) Church Library: A Library is maintained for the public, and books on philosophical, scientific and kindred matters are available without charge.

(III) Radio Broadcasts: From time to time Ding Le Mei speaks over the air; he has given series of addresses over KFAC, KEHE and KHJ - all Los Angeles stations. Permanent records of several of his addresses are already made, and in due course will be available to any group of students who may wish to donate the "time" on any radio station in their cities. (If interested, you should write to Ding Le Mei).

THIS SPACE IS FOR YOUR OWN NOTES

(IV) Healing Circle: Every Wednesday at three p.m. Ding Le Mei conducts the beautiful Healing Circle in the main hall on the first floor of The Institute.

(V) Circle of the Secret Twelve: This Circle is made up of twelve great souls who devote much of their time in meditation and spiritual work for the benefit of any who care to take advantage of the service, and who feel that their own life problems are too heavy to bear alone. (Cards are available for you or your friends). This Circle has been blessed in having been used hundreds of times to bring healing and peace to the weary and heavy-laden.

(VI) Order of Melchisedek: This is for those who wish to tithe on behalf of The Work. - those who voluntarily take upon themselves the task of seeing that The Work be not imperiled. Small "Depositories of the Seed" are distributed to those who desire to take them. (If you are not tithing, and have consequently not yet learned the great joy that it brings, you are invited to inquire about the Order of Melchesidek.)

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2. WORK IN THE INNER. (By this I mean the actual teaching of Mentalphysics here in Los Angeles at The Institute, also teaching by correspondence in the Home Study Division for students all over the world.)

(I) For Students in the early Initiate stage - Two classes conducted by Ding Le Mei, assisted by the First Preceptor, on Tuesday afternoons at three p.m. and Tuesday evenings at eight p.m. Classroom on first floor.

(II) For Students who have passed through the Initiate teaching - The Senior Beacon, where the Documentary Lessons are the Commentaries; students in the Senior Beacon have been under Ding Le Mei's direction for periods varying from two years to six years. Thursday evenings, at 7:30 p.m. Available only to Students who have passed through the Second and First Junior Beacon. Classroom on the third floor.

(III) For Students who have passed through the Tuesday afternoon classes, and graduated into what is called the Second Junior Beacon - Conducted by Ding Le Mei and the First Preceptor; necessary to pass through this class to graduate into First Junior Beacon; Documentary Lessons are the lessons of the Initiate Group. Classroom on first floor.

(IV) For Students who have passed through the Second Junior Beacon and Graduated into the First Junior Beacon - Conducted by Ding Le Mei and the First Preceptor; necessary to pass through this six-months' course to prepare for Induction into the Senior Beacon; Documentary Lessons are the review of the Initiate Group Lessons. Classroom on third floor.

(V) The Inner Chamber - A spiritual body, composed of the oldest students.

(VI) Private Tuition by Ding Le Mei - Much of Ding Le Mei's time during each day is taken up with private teaching for students who come from all over the United States and often from other countries, to the teaching of Mentalphysics direct from him. Usually conducted in the Silence Room on the third floor. (Special arrangements must be made for this tuition.)

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THIS SPACE IS FOR YOUR OWN NOTES

3. HOME STUDY DIVISION. (By this I mean that work carried on at The Institute which is conducted solely for students whose tuition is undertaken by mail. There are few countries in the world where Mantalphysics students cannot be found. Home study students come from all walks of life, and the time has come when teachers are required. If you have an urge to teach a small group once a week in your own home, write personally to Ding Le Mei. In course of time there will be Temples of Mentalphysics all over the world.) The various Departments are as follows:

(a) Publicity and Advertising Dept.
(b) Distribution of Literature Dept.
(c) Correspondence Dept.
(d) Division of Membership - (1) The Initiate Group; (2) The Inner Chamber
(e) Students' Correspondence Dept.
(f) Students' Lesson Dept.
(g) Books and Publications Dept.
(h) Order of Melchisedek.
(i) Examination of Progress Test Papers Dept.
(j) Mentalphysics International Extension Fund (this is to receive donations from grateful students who desire to give of their substance for general extension of Mentalphysics throughout the world.)

4. QUITO (Ecuador) BRANCH OF MENTALPHYSICS: This is for Spanish students. The work was begun by Dr. J. Cueva Garcia, who, many years ago, was a student of Ding Le Mei in New York, and who, upon returning to his own home city, started a class which has grown to large proportions and which is a credit to both the teacher and to Mentalphysics. (Dr. Garcia has translated all our Documentary Lessons in Spanish.)

(c) Definite Exhortation to the Noble

In the above you have had presented to you a birdseye view of Mentalphysics activities at The Institute, and I trust that every Noble of The Light will at some time in the future be able to come to Los Angeles and see what is being done. In the past we have had much to overcome. Our path is not free from difficulties, but Mentalphysics has taken root in the consciousness of thousands of people all over the world to such an extent that it is now but a matter of time when the Voice of Mentalphysics will resound around the world.

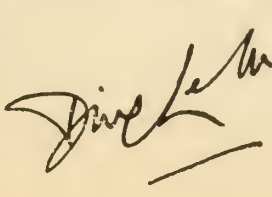
And this desirable state of affairs will come all the more quickly as we each recognize our definite Custodianship of Humanity - you and I are the chosen ones. Therefore, whenever you feel that you have an idea as to how Mentalphysics may more effectually be expanded, I shall be glad to hear from you. ASK, and ye shall receive. I ASK OF YOU all that you are able to give, and the BEST service you can render to Our Mother is in the enrollment of new students. I ASK YOU to consider whether you should not make up your mind that you will get your own small students of Mentalphysics, and they would be yours. "None can keep thine own from thee." You would be in charge of this seven, and you would see to it that, through the collective effort of them all, your number would multiply — I know of nothing so entirely satisfying to the human heart and mind as the guidance of young Initiates. You are ready? . . . . then ACT.

Through the instrumentality of this Commentary, you are brought closer to Mentalphysics, closer to Humanity, and closer to Ding Le Mei as your Teacher . . . My Peace I Give unto You.

Integrally in The Bond,

Written in Faith at
Los Angeles, California, U.S.A.

End of The Hundred and Twenty-First Commentary
Inner Chamber.



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OM MANI PADME HUM

The Inner Chamber

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COMMENTARY

122

"WORLD AFFAIRS SERIES"—The Custodianship of Humanity Spreading the Light Through Mentalphysics Birthday Scholarship Fund.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond!

Never in human history was there such need for the rapid spreading of The Light as exists today. We in Mentalphysics, in spite of all the activities that have arisen in an outer sense for the saving of the human race - most of these outer projects doomed to failure from the start simply because human beings are so lacking in knowledge of the origin and nature of all life processes - know that only as the individual gains KNOWLEDGE OF HOW TO LIVE HIS OWN LIFE can we hope for a collective improvement in all mankind. During the past few years we have seen a lamentable failure in the attempts that have been made through Governmental means even to solve the economic problem; in Spain, in China and other places we have seen how Man still clings to the idea of war, born out of greed, as a means of solving state and international disagreements, and the extremely delicate political situation in Europe may result in another great war even before this Commentary reaches you. The rapidity with which things move on the earth today renders it possible that a holocaust may ensue almost overnight.

Think on the ideas that come to your mind as you contemplate world conditions today, and you will at once see how vital it is that, if the human race is to be saved from its own folly of destroying itself, WE MUST SPREAD THE LIGHT.

Think back in your own experience and you will realize that you have been re-born - you are a new person; in you a new consciousness has been born; but you will also see that it has been through your own endeavor and work to gain greater wisdom that this agreeable change has come. And as with you, so with every human being. Knowledge cannot be given - it must be worked for.

On April the Sixth, as I was sitting quietly in my chair on the platform at a meeting where the Los Angeles students were celebrating my Birthday, the scene was a very pleasant one for me. I thought, in gratitude and humility, that all those people believed in me - that through the Eternal Wisdom of which we are all the agents, and in this particular case I am the agent, - they had found their

THIS SPACE IS FOR YOUR OWN NOTES

hearts' desires, and that, through Mentalphysics, they had all been reborn. They were all alive with Joy. Throughout the happy company there mingled Gratitude and Peace and Youth and Love and Wisdom. As I watched, there was born in upon my mind the urgent need for the Spreading of The Light. Later in the evening, I was presented with two checks, as gifts from the local students here in Los Angeles and the other from the Home Study students all round the world, most of whom I have never met on the physical plane. At once I was fired with an idea that has come to me thousands of times during the past few years that, here and now, WE have the opportunity to Spread the Light through scholarships in Mentalphysics, which could be granted to all who truly desire and deserve the teaching, but who cannot make the necessary donations. Rising to speak and to give thanks for the gifts, I immediately endorsed the checks over for the creation of what will for-ever be known in Mentalphysics as the BIRTHDAY SCHOLARSHIP FUND -- and, as the light of love flowed through the consciousness of all of us there assembled, so a great birth took place.

And it is seemly, Noble of the Light, following your last Commentary on the "Custodianship of Humanity", that I should bring this to your attention in this present Commentary.

In due course we shall be informing all students everywhere of this new privilege which is ours. But I would like to remind you Nobles of The Light that in the Far East, the great teachers accept no money whatever from students. But - they accept only a few students, who must be people of exceptional merit. In short, these students have paid the price, either through a life of great service to humanity - prodigious even though apparently futile - or through some great sacrifice of another kind. To others the great teachers say, "Return in five years!" -- or ten, or twenty; to them, time has no reality. They do not cast their pearls indiscriminately. Like the Carpenter of Galilee, they speak to the public only in parables, reserving for the Inner Circle of the apostles the explanation of the parables. One in a thousand, or one in ten thousand, is given the Inner Teaching. And the Master required of the apostles that they give up all else and follow Him - "sell all that thou hast, give it to the poor, and follow me." The rich man was unwilling to pay that price, and was denied the Inner Teaching.

(a) "What We Freely Give, Forever Is Our Own."

In establishing the Birthday Scholarship Fund, Mentalphysics feels that it is at last coming into its own integral privilege of Spreading the Light.

You, as a Noble of The Light, can have no conception of the desperate need for Mentalphysics in many people's lives. Only in our correspondence is the true picture to be obtained. Many formerly despairing souls have written that they have been saved from suicide. Other, unemployed, handicapped, people who have given up trying, have found renewed hope and courage, tried once more, and succeeded in getting a position - often one at work they love, such as they have never had before. Tortured souls, subjected to extreme cruelty by those with whom they live, gained renewed interest in themselves, their progress, in Life Itself, were freed of the paralyzing influence of self-pity, gained a philosophy of such courage and inward happiness that outside circumstances cannot hurt them. The victims of brutal fathers or step-fathers, drunken husbands, ungrateful or incorrigible children, can often gain help only from within themselves, and find this help through Mentalphysics. People on the verge of nervous breakdown, subject to agonizing fear or worry, whose troubles are chiefly of their own making, but who are none-the-less helpless, often need Mentalphysics desperately if complete collapse is to be avoided.

THIS SPACE IS FOR YOUR OWN NOTES

There are those noble souls trying to carry burdens almost beyond their strength - widows with children to raise - young people with parents to support - older sisters bravely caring for orphan younger brothers and sisters - who turn to Mentalphysics for an inward strength and courage that enables them to carry on joyously and with greater and greater success.

There are those who have made serious mistakes, who are making a brave effort to redeem themselves, handicapped by the hostility of a prejudiced world, people stunned by grief, misfortune, accident, invalidism, loss of homes, business failure, desertion, great disappointment, loss of faith in Life Itself, loss of health - it is impossible to enumerate all the situations in which the need for Mentalphysics is frequently desperate.

We expect that, when such people look into Mentalphysics for aid, merely to offer a scholarship will give them hope and courage, convince them that they have a friend after all, and that there is kindness and love and justice in the world. What will you do to help? If you are fortunate, the only way to continue to earn and thus to keep your good fortune, is to balance the book of life by frequent and adequate sacrifice. Mentalphysics goes far deeper than charity, because it teaches people, as you yourself know, how to help themselves, to conquer their own problems, to rise above their ordinary selves - how to acquire inward strength, courage, determination, and a self-reliance that will, sooner or later, make charity unnecessary.

(b) A Great Opportunity for US ALL.

I am acquainting you with the birth of the Birthday Scholarship Fund, so that you may meditate upon it. I personally feel that it is the greatest opportunity that has so far been presented to us for Spreading the Light. Not that we intend to indiscriminately give scholarships to all who ask for them. Applicants - they may be your friends, equally as they are mine - will be called upon rightly to show why they should receive them, and we do not intend that anyone shall break the Law of Giving and Receiving; but we shall be guided exactly as to how to select applicants for this Mentalphysics bounty.

If you care to write me your own ideas, I shall be glad to hear from you. We want suggestions. There will be available to all Initiates and Nobles of The Light a booklet setting forth the general principles of the Scholarship, and we Nobles of the Light - as the Elder Brothers and Sisters of Mentalphysics - should spend much time in meditating upon the supply to enable us to carry out this particular part of our work. Mentalphysics needs much substance, and the more that flows to us the more effective our efforts can be.

We are, of course, not unaware how difficult it is effectively to GIVE. To give to people simply because they feel sorry for themselves is the greatest mistake possible. What we are interested in is in granting Scholarships to those who are sincerely worthy, and who will make the effort by hard and grateful study, to become worthy of being in Mentalphysics. We know that no one can give a teaching to another person. He can gain from it only that which he puts into it through work, through sacrifice, through suffering if necessary. The tragedy of civilization is that the Church cannot GIVE - otherwise all human problems would have been solved long ago. There would be no more war, or poverty, or cruelty, or unhappiness. BUT THE WORLD CANNOT BE SAVED UNTIL IT HAS PAID THE PRICE. Too few have balanced the Book of Life, so that they are READY to accept. Instead of the Church begging people to listen, people should be obliged to beg for the teaching, should be denied it unless they prove their worthiness. This is the method of the Wise Teachers of the East - and this will be the method of Mentalphysics.

THIS SPACE IS FOR YOUR OWN NOTES

We shall resolutely decline to cast the pearls where they should not be cast. At the same time, through the whole of our Student Body all over the world, we hope that we shall be able to meet with those who are truly seeking, and who understand The Law sufficiently to appreciate what is being offered to them if they are in need, and if they will pay the true price of learning what Mentalphysics has to teach. He who takes without giving has violated a Cosmic Law; and as for myself, as I look back to my old Master in Tibet, and try to realize one-fiftieth part of what he taught me, I feel that "were the whole realm of Nature mine", that were a present far too small to offer him. And I humbly believe that you who read feel the same towards Mentalphysics. There is no value we can put upon our blessings, our direct gift of Mentalphysics. All that you and I can do is to give - and give - and give, so that others may share with us the blessings that we know. Therefore, I commend most confidently to you the Birthday Scholarship Fund, feeling that you will do all that you can do for it. Some, having money, can give of their money; others, of their service and their time; others, of their spiritual gifts . . . but if we ALL PULL TOGETHER, we shall achieve what we desire to achieve, and succeed in our own time in uplifting Humanity, whose custodianship has so mysteriously come to us in this incarnation.

At the present stage of your own development, you must think of BEING God - there is not yet any need of further lessons, but need of us all LIVING WHAT WE KNOW. As we have gained, so MUST we share it with others so that it may multiply in ourselves. What an opportunity is ours! Knowledge and the power and freedom that it brings us carry with them RESPONSIBILITY - of course, you know that - for when we were given a Conscious Mind, we were given the ability to oppose ourselves to the Divine Intelligence of Life, to act contrary to The Law if we so choose. Thanks to Supreme Wisdom we cannot make pets of ourselves even if we wish. GOD INSISTS UPON OUR BEING HIS EQUAL.

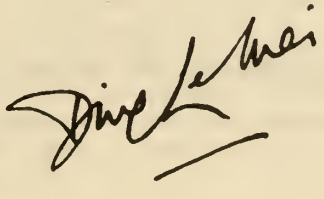
Therefore, My Beloved, be of great courage. Let us resolutely and with great determination decide that we will save humanity - not by foolishly giving where the recipient has not the wisdom to take, but seeking for those who, like us, have sought enough and suffered enough. Only those for whom the hour has struck do we desire to help, but when we meet them we MUST extend the helping hand.

Remember - What we freely give forever is our own.

May the Creative Wisdom so manifest within your consciousness that you may clearly see your duty of Custodianship. As you conclude this reading, let these sheets lie in your lap, and endeavor to feel my Spirit encircling you . . . just as you are my own, I am your own. We have met on the Cosmic plane, and what we learn there we should manifest on the physical plane of existence.

Nomaste.

In the Universal Bond of Love,



Written in faith at
Los Angeles, California, U.S.A.

End of the One Hundred and Twenty-Second Commentary.
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

123

"WORLD AFFAIRS SERIES" — Your Duty As Custodian of Humanity Explained.

(VOL. IV, 3)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond!

I am coming to you this week with a message which I hope and pray may bring into your heart the full feeling and expression of your highest conceptions of Life. We have been speaking during the last two Commentaries upon the CUSTODIANSHIP of Humanity. What does this mean? Who am I to say what this may mean to you? I can only know for MYSELF, just as you, communing with our own highest understanding, can know what it means for YOURSELF. But each of us knows - if we are evolved into a state of understanding of Life to know that THERE IS NOTHING BUT GOD, and WHATEVER GOD IS, I AM - that TO BE GOD, we must PRACTICE BEING GOD . . . that is, by reverently assuming the full nature and knowledge and power of God in relation to EVERY LIVING THING. We must assume the OBLIGATION of Custodianship. An obligation constrains or induces us to ACT - not a mere duty, but a recognized obligation to Life Itself, a bond of obligation that transmutes itself into liberty and freedom. Duty is a mere matter of conscience, but a recognition of personal obligation to the Source of All is a state where love alone is triumphant.

I believe that you who read - divine blessings be upon you as you read - will have grown in consciousness to truly desire that all men should be able to possess the knowledge that we have learned at Our Mother's (Mentalphysics) knee. You desire that the whole human race shall know what you know, even if you have not yet grown into perfect MASTERY -- for you know that when the whole human race knows that Man is God in Human Form, all sources of discontent and greed and misunderstanding and avarice and hatred will flee away. And because YOU are so entirely INWARDLY happy, you desire that all others should learn the One Source of your own inward happiness, believing, as you do, that were that the case, all human beings would be as happy as you are.

I feel the same as you feel - my heart burns, as does yours, with the desire that ALL men should know the Truth that we have learned, and that ALL men should be FREE, as you and I are free. But ARE WE (you and I) FREE? In a microcosmic sense, yes; in a macrocosmic sense, decidedly no . . for we cannot be truly free till all men are free . . . . You doubt it? Then, think! At times you feel entrancingly Happy, do you not - the plan is complete, you cannot ask for more - your heart

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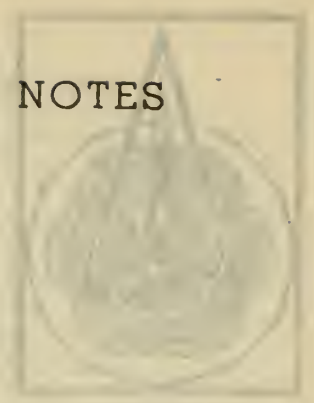

overflows. Then, perhaps, you read the daily newspaper, and you read of some tragedy that has overtaken a great number of people in China, or India, or Timbuctoo . . your paper drops into your lap, you feel yourself "going away," and after a little time of reverie you feel disturbed and unhappy because of the tragedy of which you have read. In other words, you are unhappy because you realize that, through the tragedy, others are unhappy . . . and you desire to help them. Carry this idea to its ultimate, and you can see that until ALL MEN ARE FREE, YOU YOURSELF CANNOT BE WHOLLY FREE. Therefore, your recognition of your Custodianship of Humanity presupposes that you also recognize that your task is to bring to men that TRUTH OF LIFE which alone can make men free, and which has brought you so far along the path of freedom. You see, also, that not until we each acknowledge our responsibility will LIFE let us rest. (One thing about gaining knowledge is that we have to shoulder its responsibility as well, so that we cannot have one without the other. The greater the personal knowledge of Life's Laws vouchsafed to us, the heavier the responsibility to the Universe.) It is, of course, in the nature of cosmic principle that we should USE what we take from it - if we take anything whatever from the loving hand of Nature, we automatically must use it, and wise are we if we use it in accord with her laws. Thus, in seeing our responsibility to the universe in the Custodianship of Humanity, we shall never know complete rest and peace, shall not attain to the Elysian Heights, until we USE THE PRINCIPLES OF CUSTODIANSHIP — which means Spreading the Light, the true custodianship, in other words.

While I remember that I am speaking to you, a Noble of The Light, of fairly long standing, I also remember how hard it is for an aspirant to feel fully WORTHY of assuming the custodianship of humanity. "Oh," says one, "I would like to do it. I would like to Spread the Light, but I am so handicapped. I have not this, or I have not that - it is all very well for So-and-So, who is so much more gifted than I am, but when I grow to know more, I shall do more. Meanwhile I must just do what comes my way, always hoping that I shall be able to do more by and by." Thus do we delay our blessings. . . NO, THE TIME IS NOW, THE INSTRUMENT IS YOU.

Before you read further along in this Commentary, I would like you to run back to your Commentary Number 111 and read from the bottom of Page One to the top of Page Three. Here you will see the seven Eternal Chapters of the Book of Life in relation to yourself and God. If I were you, I would memorize certain parts of it, so that you will at all times be able to visualize the main points, namely:

***(a) GOD - THE ABSOLUTE.

God alone is true; God alone is great; alone is God. All but God is changing moment by moment.

***(b) LOVE - GOD'S FIRST QUALITY.

God is LOVE - we know God through his spirit of Love moving through us. In his nature, God said - "Let There Be Light," and "Let us make Man in our Image."

(Man is made IN THE IMAGE for the purpose of fulfilling the work of the Father, and Man's only essence and nature, emanating from God's Life (Love) is LIGHT. God's LOVE is the basis of all, upon which everything rests and begins to unfold into manifestation.)

***(c) LIGHT - THE LIFE OF US.

Light - of the senses; of the reason; of the spirit. Our blood is the Light of our body, as our Intellect is the Light of our mind, as Love is the Light of the spirit - and it is THE SPIRIT that quickeneth.

***(d) TRUTH - LIGHT REFLECTED.

Truth is that which LIFE reflects through Light. Truth is the LAW, which is freedom. Truth awakens Wisdom, as Wisdom pursues Truth. Truth (like the sunbeam of LIGHT) cannot be besmirched or changed. It is ever-present in LAW.

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(Of Truth, Epictetus wrote: "Truth is a thing immortal and perpetual, and it gives to us a beauty that fades not away in time, nor does it take away the freedom of speech which proceeds from justice; but it gives to us the knowledge of what is just and lawful, separating from them the unjust and refuting them." Truth is the substance moved by Light.)

***(e) WISDOM - THE DIRECTOR OF ENERGY

The energy of God's Law is directed by Wisdom, which is the Seed that Truth uses to manifest itself. Wisdom is the science that embraces all other sciences, but Wisdom moves only in humility.

***(f) ENERGY - PRINCIPLE IN MOTION

God's nature, principle, life - (we get the idea in thinking of Prana) - is ever moving; it comes to you and me in (a) Thought; (b) Feeling; (c) Action, the three redeemers of human life.

(A man is wise only so far as he is evolved in spirituality. Wisdom embraces knowledge, and the doorstep to the temple of wisdom is a knowledge of our own ignorance. "Knowledge," as Cowper wrote, "is proud that he has learned so much; Wisdom is humble that he knows no more," - just as Love, having given all, trembles lest she has no more to give. Woo Wisdom, and into thy being will be breathed divinity, and thou shalt speak wisdom from thy mouth . . . . It is clear to see that ENERGY will do anything that can be done in this world. We in Mentalphysics, if we have been faithful in our practice, feel Energy so intimately that we know that we cannot be deprived of it - we "have" it eternally, as we know its nature is unchanging and eternal. When WISDOM and ENERGY are not altered by our own conscious thinking from their eternal union, resulting in manifestation, then everything in our lives conforms to and is the offshoot or outgrowth or reflection of God - whose nature is expressed by HIS ENERGY ordered in WISDOM.)

***(g) MANIFESTATION - GOD'S WORKS UNFOLDED.

Manifestation is TRUTH made VISIBLE. "Thine, Oh Lord, is the greatness, and the power, and the glory, and the victory, and the majesty; for all that is in the heaven and the earth are Thine; Thine is the Kingdom, Oh Lord, and thou art exalted as head above all."

(In thinking of the WORKS OF GOD, ideas march majestically through my mind in supremest multiplicity and beauty - but WORDS come not. Who Can TALK OF GOD, the beginningless, the endless, the timeless One? You wish to behold God? Then see with the eternal eye within thyself his true expression; see with thy two eyes his glory in every object round about thee; and if thine eyes be blind, confute me, if you can, and lead me to the place where God is not . . . How hard it used to be, for you and me, to understand God. NOW WE KNOW, and WE GIVE THANKS, for through his Love, and through his Light, and through his Wisdom, we simply see THAT WE ARE GOD - at last, at last the Truth of Truths! . . . Man made in the Image, for the purpose, being God in Human Form, of fulfilling THE PLAN and DOING THE WORK of The Father.)

* * * * * * * * * *

My beloved Noble of The Light, as you know, I would not have used the language that I have used in what I have written, unless I KNEW that you were now sufficiently enlightened not to be disturbed by the apparent presentation of an anthropomorphic God. NOW WE KNOW BETTER. The word "G O D" is a beautiful word. When we know that ALL is God - that WE ARE GOD - how infinitely lovely it is to contemplate the "future".

THIS SPACE IS FOR YOUR OWN NOTES

Never again do we have to go through what we have already gone through - The Slough of Despond has been passed. Through all the slime of ignorance and fear we have passed for ever - for ever! We know now that the Wisdom of Life is infinite - His (our) glory, His (our) power is eternal. So we sing the Song Celestial. We command the heavens to sing His Praises! We command the sun, moon, and planets to glorify Him in their ineffable language!

But, why try to describe? . . . All we can do is to FEEL the transcending Truth of Life - Whatever the Creator is, I am! Gratitude with us has all the ardor of a passion of a noble heart.

I have just written:

"GRATITUDE WITH US HAS ALL THE ARDOR OF A PASSION
OF A NOBLE HEART."

Read these words several times, and then sit and consider whether it is true with you. For myself, I truthfully can say that I desire above all else in the world to be the means of bringing struggling souls into The Light . . . and I believe the same of YOU. I believe that YOU, too, feel that you are a chosen CUSTODIAN of Humanity.

That being so, how can we work? What is the most effective method we can use to SEEK, and to BRING, others in The Light. That is my message for YOU this week.

There are many ways, but your way will be unfolded to you as you meditate upon it. I KNOW how hard it is to maintain one's zeal when one is not in close and constant touch with others of the same ideals. If you were here at headquarters, and were able to come to the various Beacons and to our Church, if you were able to mix freely and when you wished with others in Mentalphysics such as we in Los Angeles are privileged to do, it may be that you would be fired into action. But you are where you are, as I am where I am; and where we are, is where we must do the work that we must do. Therefore, seek within your own heart, and see whether you do not feel that you are led to an endeavor to form a small circle of your own. It is not difficult. The first thing is for you to decide whether you sincerely wish to help others - if you have a better way of helping humanity than of presenting them with Mentalphysics, that is good; but I personally do not believe that there is a gift of higher value than Mentalphysics that we can offer. The next step would be to find out from the Institute whether we have enough students in your vicinity whom you could interest in forming a small circle over which you could preside. The whole of the procedure for teaching will be arranged by me for you, so that you would merely have to be the mouthpiece --- BUT THE JOYS OF IMPARTING KNOWLEDGE TO OTHERS ARE BEYOND COMPARE!

Also, I would impress upon you the value of the private recordings of "The Voice of Ding Le Mei". I would like every one of my older students to possess a full set, for, judging from what others have told me, they find them of great spiritual value to them. So this week, my beloved Noble of The Light, think on these things in relation to your Custodianship of Humanity . . . and may Peace embosom thee and may Wisdom guide thee. You are at peace . . . Nomaste - the divine in me greets the divine in thee for evermore.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope

Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Twenty-Third Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

124

"WORLD AFFAIRS SERIES"—What Custodianship of Humanity Means to the Aspirant.

(VOL. IV, 4)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In pursuing the subject of the Custodianship of Humanity, a responsibility of yours and mine which is entirely inescapable, I would bring to your notice TWO LAWS which will immediately begin to show their effect in our lives. Most people imagine that they can learn how to BENEFIT THEMSELVES, and leave it at that. But the Wisdom of Life does not allow this.

***FIRST : We get our reward always for what we do. (It is ours even with the thought).

***SECOND : We are called upon to shoulder the responsibility of SHARING THE CAUSE of our own reward with others. (Should we refuse to share this cause of our own spiritual growth, we "lose that which we have", for the simple reason that there is no way that it can sustain itself within our consciousness, we "short" the power, and it naturally passes from us and dies away.

(a) How Our Blessings Come To Us.

Therefore, I would first emphasize to you the blessings that will be yours through sharing. THERE IS A LAW - none can explain or define the Law - which causes to flow back to us the streams of the substance that we pass to others. Suppose, for example, that you are in trouble, and I consciously or unconsciously cause myself to be the means of dispelling this trouble for you; the unfailing effect of my action brings to me your gratitude, your admiration, your love (whether you know it or not), and, for all time, whenever the episode returns to your memory, or the force created by that episode is set into action in your life, I am inevitably brought to your mind in the same vibration, and the resulting waves from you to me bring me exactly that which I gave to you - but with ever widening and increasing force. From this simple description, you will be able to meditate upon it, and clearly cause yourself to SEE WHERE YOUR BLESSINGS COME FROM and HOW THEY COME. (Of course, this force is working all the time, and simplifies the proposition that we reap exactly what we sow.)

I will not insult your intelligence, moreover, by pointing out that if you do NOT share what you are and what you have and what you know with others, then, because of your very lethargy, it must atrophy and die - YOU LOSE WHAT YOU HAVE.

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Furthermore, it is quite obvious that, as we USE what we have, it grows and multiplies within us and for us. There is no limit to which it will grow. BUT ONLY AS WE USE IT, to enable it to multiply. The more LOVE we give, the more love comes to us and the more love we have to give — and so on, ad infinitum. Get this simple idea in your mind, and you can see how easy it is to perfect our own consciousness. It applies to everything that comes into that divine factory of action within us - OUR MIND. We give KNOWLEDGE - knowledge must return . . how? Do not ask : IT IS THE LAW. We give HATRED - hatred must return to multiply within us. We give COURAGE - we grow into greater courage. We give HOPE - we are ourselves more greatly inspired. We give NEGATION OF WHATEVER KIND, and it cannot but return and it cannot but grow and multiply within us.

We give PEACE - we ourselves grow more deeply into the Great Peace.
We give INSPIRATION - we are ourselves inspired.
We SPREAD THE LIGHT - we are ourselves enlightened.
Are you INSINCERE? - you reap insincerity and disappointment in others.
We ACT BEING GOD, we live so that WE KNOW THAT GOD ALONE LIVES THROUGH US, and in time we are numbered among the great.

NOTE: Of course, this is such a great subject that I can but give you simple ideas. What we have to learn, as Custodians of Humanity, is how not to disturb God's nature through His Moving Wisdom within us, so that our living in Wisdom's unbrokenness may not disturb God's perfect expression. It requires as much reflection and wisdom to know what NOT to do and say and think, as to know exactly what we must do and say and think.

(b) How We May Perfect Wisdom Within Us.

Now, what I am writing may seem elementary to you - as it is. But when we contemplate the manner in which the Lords of Wisdom operate through us, we must perforce stand in reverence as we realize that "the fear of THE LAW is the beginning of Wisdom." Now we can see clearly how we defer our own benefits . . how, by trying to live the life in the microcosmic self we "short" and delay the blessings of the inescapable laws of the Macrocosmic Self of Life - which WE ARE. But Man does not generally know that he IS the Macrocosmic Self. This truth is not revealed to him until he shows that he is ready to have it revealed; but when once it is revealed, should he be foolish enough not to live in its Law, he loses that which he has; AND CREATES FOR HIMSELF THE ONLY HELL THAT THERE IS . . . SO WE SEE THAT WE MUST SPREAD THE LIGHT IF WE OURSELVES WOULD LIVE IN THE LIGHT.

As you now read on, I ask you to feel humble in spirit. You see, do you not, that to assume the Custodianship of Humanity does not, of necessity, require great "education." To educate, we merely have to BE that which we would impart. To inspire a young man to some great deed, is to allow oneself to be given credit for the deed in the great Book of Life, though he who imparts the inspiration may not know anything at all about the method by which the great deed may be manifested. An example : Suppose you meet someone who unloads his heart to you regarding something he desires to accomplish. You listen. The subject may be entirely beyond you - you may know nothing about the manner in which it can be accomplished; but in your conversation you just say the right word that inspires the young man. He leaves you. He brings back to his mind again and again what you have said, though you may possibly have forgotten what you said, or even been unconscious that you said anything that could have inspired him. The WORD that you sowed in his mind takes shape. Back and back it comes, each time with increasing vigor. The energy within the young man is thus created to allow him to do the thing. The burning desire in his heart to do it attracts the Wisdom of Life to enable the young man to bring this Wisdom into manifestation — and, at last, the thing is DONE . . . Now, who did it? Obviously the young man, but in his heart he

THIS SPACE IS FOR YOUR OWN NOTES

knows that he would never have done it had it not been for that word of encouragement and inspiration. To YOU he gives the credit, and in the Book of Life not only that one thing is credited to you, but all the resulting deeds in the life of that young man which have their seed in your personal interest in him and the inspiration you gave him. So that, for long afterwards, that young man will say to his friends - and, if he is wise, to you also - "Why, I would never have done that unless it had not been for your encouragement."

(c) The Joyous Secret of Custodianship.

If it were possible to determine the actual origin of all that man has achieved, it would be found that the actual inventors and artists and writers and engineers and teachers and preachers would never have done what they did, had it not been for inspiration given and knowledge imparted by others. AND HERE IS OUR CHANCE - YOURS AND MINE. WE have found THE SOURCE, so we rest IN IT. Now it remains for us to give out, and give out, and give out unendingly to others that the hope of our minds and the sincerity of our hearts in desiring HEAVEN ON EARTH may be achieved. Individually we cannot do it : but what are we? It is the Father that doeth the works - we are the Father in human form, taking to ourselves the protection, the inspiration, the guidance of all human beings who come into contact with us.

When we think of all the progress that Man has made, we find that, though he has discovered much, we have scarcely begun to touch the fringe of God's Nature here on earth. Think what it WILL be when all men are working as Custodians of Humanity! When ALL men are -- in all that they do and think and feel and know -- continuously giving out inspiration to others. When that time comes, NEGATION of whatever nature will have been annihilated, and Heaven will have come down to this Earth.

But man has always been hostile to assuming Custodianship of Humanity -- in the mass, even today, Man is as hostile to anything new as he has ever been.

When Harvey discovered and demonstrated the circulation of the blood he was called a fool, and his doctrine declared to be "dangerous". The first railroad was fought in the British Parliament, and the introduction of steam power into the British navy was greatly delayed because of prejudice. Boston doctors, up to 1845, declared bathing to be injurious to health, therefore a municipal ordinance at that time made bath tubs unlawful except on medical advice. And so on, and so on.

When I was a boy I accepted candles and oil lamps as marvelous instruments of light - there were no matches even until as recent as 1872. The streets were lighted with gas, but very few houses had gas - there were no electric lights, no washing machines, no radios, no vacuum cleaners, no refrigerators - none of the conveniences that the average home now possesses - and if we wanted hot water for a bath we heated it on the stove. Even in our homes we can see what tremendous improvements the discoveries of Man have brought to us, but when we go out into a wider field, if we THINK on these things, we are astounded what has been done during the last fifty years . . . and literally stand in wonder at what will be accomplished in the next fifty ---- IF . . . . If Man does not bring about his own ruin by the things that he makes.

It was only in 1870 that steam succeeded water power, only 138 years ago that the first steam engine was put into a canal tug, and it was in 1829 that Stevenson's first locomotive came. In 1878 Edison brought the first incandescent bulb - today the United States alone uses some 300 million bulbs every day. It was in 1882 that the first electric power-house was established, but today there are over 4000 central stations which serve some 25 million customers in the United States. Then the telephone : it is hard to believe that only as short a time ago as 1892 New York became greatly excited because two men spoke to each other from New York to Chicago. San

THIS SPACE IS FOR YOUR OWN NOTES

Franciscans had to wait until 1915 until they could talk direct to New York. We go to the telephone today and cable around the world - progress indeed since the first trans-Atlantic cable was laid in 1858. More marvelous still - the airplane. In 1903, the Wright brothers flew over the sand dunes of North Carolina, but only for twelve seconds, but in doing so they PROVED that man can fly, finalizing the hope that many men in several countries had entertained for more than half a century before that date. And when, in 1910, they flew down the Hudson from Albany to New York, it was the wonder of wonders. Yet today man flies at four hundred miles an hour, and airplanes travel probably about four hundred million miles a year.

What would Galileo think if he were here today - or Roger Bacon, or any of the many other great souls who, in their day, did their part in transforming this fair earth into a happier and more magic place for man to dwell upon? What we are doing today would be the "impossible" to them.

One could go on and on to show how marvelous are the works of Man - proving that this thing called Man, born of and living in a single breath, may, if he will, bring the Wisdom of Life into manifestation in any direction that he wishes - if he will learn the way.

(d) "So Much To Do - So Little Done."

Yet, how much needs to be done. Let us look at the other side of the picture. Even as I write, in the early fall of this year of grace 1939, war may break out in Europe at any moment. In this "enlightened age," man has not learned how to live, for he deliberately (so it seems) refuses to learn WHAT HE IS - the Creator in human form. The crime-disease bill of the United States amounts to 40 millions of dollars annually. Tuberculosis alone costs 500 million dollars a year - malaria 100 millions - typhoid 150 millions - "accidents" (think of it) 5000 millions. Speaking of war, man's greatest of all crimes, it is estimated that the world war cost the nations 250 million billions of dollars, and General Pershing related once that in a three-day pyrotechnic display on one sector of the front alone, the shells alone cost 75 million — such is the cost of WAR.

NOTE: Continuing this line of thought, I think that it would be a good plan for you to study some of the outstanding phases of our "civilization", and see how, on the one hand, Man has come almost to the conquest of the material universe, but that much of his work in the discovery of new things makes for his own undoing — and it must until people like you and I do all that we possibly can do to cause the majority of thinking people to realize their own divine nature. This is Custodianship.

So, My Beloved, I trust that from this Commentary you may find inspiration to contemplate the need of Humanity, and your own privilege in giving to everyone whom you meet the RIGHT CREATIVE WORD to inspire them to higher and better things. Remember that it is not alone WHAT YOU YOURSELF DO, but what you inspire OTHERS TO DO that is equally important. YOU ARE THE CUSTODIAN - see to it that you take every advantage of your privilege to spread the higher knowledge that is yours.

Peace be unto you today - and all the days. Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope

Written in Faith at
Los Angeles, California, U.S.A.

End of The One Hundred and Twenty-Fourth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES